

Your Emergency Toolkit: Get Ready for Power Outages During Heat & Wildfire Smoke

When it's hot and smoky, and a power outage is expected, use this toolkit to prepare in advance. These actions can help you and your family stay safe—especially in rural or remote areas.



**Charge
devices**



**Store clean
water**



**Freeze ice +
prep coolers**



**Block
daytime heat**



**Get masks +
filters ready**



**Make a
support plan**



This is your toolkit. Use the tools that work for you and your situation. Local cooling centres or public places may be open—**check local alerts or call 8-1-1 for support.**

Let's Unpack the Tools



Charge devices

Charge your phone, flashlight, and any battery-powered fans or medical devices. Keep a power bank ready if you have one.



Store clean water

If your water comes from a well or small water system, store clean water ahead of time in case the system stops working during the outage. Fill jugs, bathtubs, or containers with enough water for drinking and basic hygiene.



Freeze ice + prep coolers

Make ice packs or freeze water bottles to help keep things cool during an outage. If you take medication that needs to be refrigerated, prepare a cooler with ice or frozen packs. Check with a pharmacist to confirm if your medicine should be kept cold.



Block daytime heat

Close blinds or curtains between 10 a.m. and 8 p.m. to keep heat out. Open windows at night if it's cooler outside and the air is clean. If it's hot and smoky, prioritize staying cool—even if that means letting in some smoke.



Get masks + filters ready

Try to reduce or reschedule outdoor activities, or move them indoors if possible. If you must go outside when it's smoky, have an N95 mask ready to help reduce smoke exposure.



Make a support plan

Check in with neighbours and people who may need extra support during an outage. This includes elders, pregnant people, people with medical needs, people with mental health conditions, and people who use substances. Make a plan to stay connected and help each other if needed.



**KNOW WHEN
TO GET HELP**

Call 911 if someone:

- Can't breathe safely
- Is dizzy, confused, or weak
- Shows signs of heat stroke (hot skin, rapid heartbeat, dark urine)

Need help? Call 8-1-1 or go to the nearest open public space.

More Info: BCCDC: bccdc.ca Prepared BC: gov.bc.ca/preparedbc

Build an emergency kit and grab-and-go bag. Learn more at [Emergency Kit by PreparedBC](https://www.preparedbc.ca).