\* \* \* \* \* \* \*

Maneuvering through the challenges of the past few years has meant an exploration of issues, ideas, and technologies that would likely not have occurred otherwise. It seems that challenges are good motivators.

This series of e-resources consists of a gathering of 'tips & tricks' learned along the way. There will be revisions and additions to this series as new information and challenges present themselves.

\* \* \* \* \* \* \*

## Included in the 'Tips & Tricks' series ...

- Nebulized hydrogen peroxide
- Survival and emergency gear: Canadian sources
- Owning a gun in Canada
- Chlorine Dioxide Solution (CDS)
- Survival tips urban v rural situations

<u>The Canadian sources listed below</u> provide a broad array of information, products, and services in case of emergencies and extreme survival situations.

**Your Emergency Preparedness Guide.** Government of Canada.

Know the risks; make a plan; get an emergency kit; emergency kit basic items; resources.

### **Good2GoCo / All Things Survival**

This is a family-owned Canadian business that ships from Kelowna, B.C. Their online shop shows an extraordinary array of products. Everything from emergency food packages, water filtration systems, clothing and footwear, cooking appliances, and much more.

### **Canadian Safety Supplies**

**Emergency Preparedness Survival Kits.** 

### **Canadian Preparedness**

A wide variety of emergency products, tools, medical supplies, fire making tools, self defense gear, clothing, personal hygiene supplies.

<u>Total Prepare</u> / Emergency Preparedness Solutions Emergency food supplies and rations, water storage and filtration, vehicle survival kits, stove and cooking equipment.

### **72 Hours**

Emergency preparedness kits, survival and first aid supplies camping gear, packaging and storage products, personal protective equipment.

## **Briden Solutions**

Emergency gear and outdoor food supplies.

## **Mustang Survival**

Clothing and survival apparel, water flotation gear, globes, head gear, equipment and gear for sailing, boating, and paddling.

## Foods / food storage / cooking

### **Briden Solutions**

Emergency food in Canada – food buckets and packages, emergency meal pouches,

### **Canadian Preparedness**

Freeze dried survival kits, storage, dehydrators, home freeze dryers.

## **Frontier Outfitters**

Food and food preparation – cookware, coffee presses, mess kits, pots and pans.

### Good2GoCo

Food and food storage.

### **Gourmet Sauvage**

Forager's shop – knives and pruning hatchets, wild food foraging and picking baskets, drying racks, gloves.

## **Total Prepare**

Food – meals 'ready to eat', freeze dried, emergency rations, 'cooked in pouch'.

## **72 Hours**

Survival food – ready-to-eat, freeze dried, emergency rations, gluten-free, fruits and vegetables.

### First aid / medical kits

# **Canadian Preparedness**

Medical supplies – bandages and wound dressings, blister dressings, nitrile examination gloves, first aid kits, field surgical kits, biohazard waste bags.

# **Canadian Safety Supplies**

First aid – kits, supplies, equipment

### **Canadian Tire.**

First aid kits.

### **First Aid Canada**

Emergency survival kits – first aid and emergency supplies for minor injuries and wounds in land and water situations, response kits for natural disasters floods, hurricanes, tornadoes, earthquakes.

### **First Aid Plus**

First aid kits, and safety equipment.

### **First Aid Training Centre**

First aid kids, courses and training.

### WildMedKits

First aid courses, survival and emergency preparedness kits.

### **Knives and cutting equipment**

#### **Amazon Canada**

Rescue and emergency knives.

### **Blades Canada**

Many different types of knives, fire starters, outdoor survival and camping gear.

# Water filtration & purification

#### **Amazon Canada**

**Emergency water purification.** 

### **Aquatabs**

Water purification tablets, gravity pumps and filters.

# **Canadian Preparedness**

Gravity filters, microfilters, bacterial filters, water storage containers, thermoses and flasks.

### Good2GoCo

Emergency water supplies – filtration, storage containers, mugs and drinking containers.

### **Pure Filter Canada**

Survival water filters, emergency survival food, survival gear.

### **Survival Filter**

Portable filter pumps, canteens, chlorine filters.

### **Total Prepare**

Water storage, filtration, purifying supplies and tablets.

### 72 Hours

Emergency water solutions – rations, filters, storage.

### **General gear and apparel**

### **Adventure Pro Zone**

Survival gear, camping and hiking equipment, knives and tools, health and safety equipment.

Amazon Canada / survival gear

## **Bushcraft Canada**

Outdoor and bushcraft products from around the world.

# **Canadian Outdoor Equipment**

Survival gear and equipment.

# **Canadian Preparedness**

Survival clothing – tactical pants, heat resistant fire gloves, waterproof and extreme cold coats, traction footwear, heavyweight socks, snowshoes and hiking crampons.

## Military1st

Camping and survival gear, clothing, footwear, combat gear.

### **Mountain Equipment Company (MEC)**

Emergency and survival gear – blanks, fire starters, emergency kits, emergency flares, foot and hand warmers.

### Weapons for personal security and protection

### **Frontier Outfitters**

This Canadian business offers an unusually-wide range of equipment ranging from winter wear, army surplus products, firearms and ammunition, security devices, and much more.

### **Canadian Preparedness**

Personal protection and wildlife deterrents – gas masks, radiation detectors, tick and insect repellent, slingshots, airbows and crossbows, tactical survival pen.

### **Firearms Outlet Canada**

Firearms, ammunition, emergency and survival gear.

# Camping, hunting and fishing

### Good2GoCo

Hunting and camping gear – fire starters, knives, candles, lights, ropes and cords, light boats and dinghies, cutlery.

## **Survival Gear Canada**

A wide variety of wilderness survival gear, shelter, outdoor cooking, hunting and fishing supplies, water filtration.