

Car Emergency Kit

A car kit can be very basic, and stored in the trunk or back of your car in a box or bag. It should have enough supplies to help you stay safe and healthy if you are trapped in your car away from nearby help for a day or so, such as getting stuck in a snowbank during a blizzard.



- **Food and water**

- A bottle of water for everyone in the car
- A high energy snack that can be stored for a long time and handle the freezing and melting temperatures in a car such as an energy bar, raisins, peanut butter etc.

- **Communication and lighting**

- A car charger for your cell phone. You should be able to make emergency calls with the charge from your car so long as it has power. Use your cell phone for emergency calls only to preserve both your cell and car battery.

- **First aid**

- A small first aid kit for minor injuries and illnesses. Include a day's supply of any critical prescription medication you have that can handle storage in the car.

- **Health and Comfort supplies**

- A blanket or sleeping bag, extra socks, gloves, hats and scarves. A pair of warm boots.
- Hand warmers
- Toilet paper
- Plastic garbage bag- for garbage, rain cover or as an emergency toilet.
- Feminine supplies, extra pair of diapers etc. if needed by your family.

- **General supplies**

- A candle, lighter and tin can (to melt drinking water and provide emergency heat. Always be careful using fire! Poke holes in the side of the can for ventilation. Make sure the candle has something non-flammable and level to rest on like the can's lid and is not in a place it could be knocked over easily. Keep your fire extinguisher ready. Place the can upside down over the candle. It will now provide enough heat to warm up the car a little, and to melt snow in a cup/ bottle on top of the can for drinking.
- Red rag or reflective flag. Use as an emergency signal tied to an antenna or rolle
- Car tire kit
- Jumper cables (make sure you know how to use them!)
- Windshield scraper
- Windshield washer fluid
- Small shovel
- Road salt, sand or kitty litter for traction
- Flashlight with extra batteries (store batteries outside the flashlight to prevent corrosion).
- Small paper notebook and pen
- Deck of playing cards
- Car size fire extinguisher

