

# Car Emergency Kit Checklist

Are you  
ready?



- Battery-powered radio and extra batteries
- Plastic flashlight and extra batteries (reverse batteries when not in use to prevent accidental burnout; replace yearly)
- Blankets or sleeping bags
- Booster (jumper) cables
- Fire extinguisher (5-pound, A-B-C type)
- Bottled water
- Nonperishable, high-energy foods: granola bars, raisins, peanut butter, etc.
- Compass and road maps
- Dry clothing, gloves or mittens, winter boots
- Telephone card and quarters for phone calls (consider carrying a cell phone)
- Sack of sand or cat litter (for tire traction)
- Rope (tie self to car when leaving vehicle during a storm)
- Assorted bandages, dressings
  - Adhesive bandage
  - Adhesive cloth tape
  - Sterile gauze
  - Instant cold compresses
  - Roller bandage
  - Absorbant compresses

- Large plastic garbage bags to insulate feet, and safety pins/duct tape to hold bags in place
- Pencil and paper
- Shovel
- Tow rope or chain
- Three-pound coffee can, matches and candle stubs to melt snow for drinking water
- Metal cup for water
- Knife
- Flares and reflectors
- Tire repair kit, air pump, basic tool kit
- First-aid kit with essential medications
  - Antibiotic and hydrocortisone ointment, antiseptic wipes, eye drops
  - Breathing tube with one-way valve for mouth-to-mouth resuscitation
  - Oral thermometer (non-mercury, nonglass)
  - First-aid instruction booklet
  - Aspirin, ibuprofen, etc.
  - Tweezers

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