



# Vehicle Emergency Kit

Have an emergency kit in the car to help you and your family be ready for an accident, breakdown, getting lost, or other vehicle related emergency. Have one in each vehicle. Remember that items in this kit will experience extremes in both hot and cold temperatures, so only include items that can withstand the temperatures. You may need to rotate items more frequently than items in kits that are stored indoors.

- ☐ Coat, jacket, or poncho
- ☐ Tarp and emergency reflective blanket
- ☐ Fleece or wool blanket or sleeping bag
- ☐ Fire starting kit with windproof/waterproof matches
- ☐ Hand and body warmer packets
- ☐ Umbrella
- ☐ 1-2 gallons of drinking water
- ☐ Emergency ration bars
- ☐ Garbage bags
- ☐ Flashlight, batteries, chemical glow sticks
- ☐ First aid kit and instruction booklet
- ☐ Plastic whistle with neck cord
- ☐ Cell phone charger
- ☐ Glass marker
- ☐ Work gloves
- ☐ Dust masks
- ☐ Glass breaker/seatbelt cutter
- ☐ Hygiene and sanitation items
- ☐ Caution triangle or signal flag
- ☐ Reflective safety vest
- ☐ Fire extinguisher (5lb A-B-C type)
- ☐ Ice scraper/snow broom
- ☐ Jumper cables or battery jump starter and extra fuses
- ☐ Jack, lug wrench, and tire gauge
- ☐ Sand, ice melt or cat litter for traction
- ☐ Folding shovel and tow rope
- ☐ Non-perishable food and water
- ☐ Tool kit: pry bar, screwdrivers, crescent wrench, multi-tool, hammer, electrical tape, duct tape, wire, towels, etc.
- ☐ Empty gas can and siphon hose
- ☐ Change of clothes and walking shoes
- ☐ Notepad, pencils, road maps

## Things to do...

- Learn simple repairs like changing a tire, jump starts, and checking fluids. Teach repair skills to all drivers at home.
- Always keep the gas tank at least half full.
- Perform regular vehicle maintenance.
- Check all fluids and tire pressure before any road trips. Don't forget to check the spare.
- Tell someone where you are going, what route you will take, and when you plan to get there.

## If in an accident...

- Remain calm.
- Pull out of traffic and off the main road if possible. If not, **STAY IN THE VEHICLE** until emergency responders arrive.
- Check for injuries on yourself and others.
- Call 911 for help.
- If the situation is safe, take pictures of the vehicle damage and accident scene.

## If broken down or lost...

- Remain calm.
- Fix the problem if you can or call/signal for help.
- Stay with the vehicle unless it is unsafe.
- Run the engine for no more than 10 minutes every hour. Make sure the exhaust pipe is clear.
- Do simple leg and arm exercises for a few minutes each hour to maintain blood flow.

