

# Vehicle Survival Kit

## Tools and Supplies

- Battery-operated radio and extra batteries
- Flashlight and extra batteries
- Fire extinguisher
- Duct tape
- Compass
- Cigarette Lighter/Matches in waterproof container
- Signal flare
- Paper, pencil
- Cell phone w/power cord
- Knife or multi-purpose tool
- Needles, thread
- Whistle
- Plastic sheeting or tarps
- Map of the area (for locating shelters)
- Toilet paper, towelettes
- Plastic garbage bags, ties
- Plastic bucket with tight lid
- Can and candles or chemical hand warmers

## First Aid Kit

- Sterile adhesive bandages in assorted sizes
- 2-inch sterile gauze pads (4-6)
- 4-inch sterile gauze pads (4-6)
- Hypoallergenic adhesive tape
- Triangular bandages (3)
- 2-inch sterile roller bandages (3 rolls)
- 3-inch sterile roller bandages (3 rolls)
- Scissors
- Tweezers
- Needle
- Moistened towelettes
- Antiseptic
- Thermometer
- Tongue blades (2)
- Tube of petroleum jelly or other lubricant
- Assorted sizes of safety pins
- Cleansing agent/soap
- Latex gloves (2 pair)
- Sunscreen
- Aspirin or nonaspirin pain reliever
- Anti-diarrhea medication
- Antacid
- Syrup of Ipecac
- Laxative

## Food

- High energy foods (peanut butter, jelly, crackers, granola bars, trail mix)
- Comfort/stress foods (cookies, hard candy, sweetened cereals, lollipops, instant coffee, tea bags)
- Bottled water

## Clothing and Bedding

- Sturdy shoes or work boots
- Rain gear
- Blankets, sleeping bags or 2 emergency space blankets
- Hat and gloves
- Thermal underwear
- Sunglasses

## Special Items

Remember family members with special needs, such as infants and elderly or disabled persons.

### For Baby

- Formula
- Diapers
- Bottlers
- Powdered milk

### For Adults

- Medications
- Heart and high blood pressure medications
- Insulin
- Prescription drugs
- Denture needs
- Contact lenses and supplies
- Extra eye glasses

## Stay with the Car

Run the car engine 15 minutes every hour. Check the exhaust pipe to be sure it isn't plugged with snow. *(Always keep your oil and fluid levels filled, and your gas tank half full during winter months).*

Keep your feet off the floor when possible.

Never go to sleep with the engine running. Take turns sleeping. One person in the vehicle should remain awake.

Protect yourself from carbon monoxide poisoning by opening a window enough for ventilation.

Carry reading material for adults, games or toys for children to occupy time.