



VEHICLE DISASTER KIT

A vehicle disaster kit is meant to be portable and sustain the individual for up to three (3) days. It is meant to allow occupants of the vehicle to survive if the vehicle becomes stuck in a storm or to take with them if the occupants must abandon the vehicle on foot.

A vehicle disaster kit should be in a duffle bag or backpack. A vehicle kit should contain at a minimum:

- Three (3) days' worth of non-perishable, high calorie food and water (US Coast Guard approved rations are a perfect solution for this, they are small and have up to a five year shelf life). It is recommended that you keep one gallon of water per day/per person.
- A blanket (Mylar emergency blankets are the best solution, they are small, lightweight and inexpensive, you can easily have at least one Mylar emergency blanket for each potential passenger in the vehicle).
- A pair of comfortable closed toe shoes for walking and socks (in case you need to abandon the vehicle on foot and wearing inappropriate footwear; waterproof boots, gloves, hats and a scarf for the winter months).
- Extra clothing - a sweatshirt, lightweight jacket, hoodie or similar clothing items in case it's needed.
- A flashlight with batteries (include some extra batteries for your flashlight), chemical light sticks or matches in a waterproof container; as well as emergency flares and roadway reflectors.
- Mobile phone with backup power battery.
- Small individual First-Aid Kit (assorted bandages, antiseptics, wipes, etc.).
- Over the counter analgesics (e.g. Motrin, Ibuprofen, etc.).
- Writing paper along with pens or pencils.



Here are items that are also recommended you keep in your vehicle at all times:

- Ice scraper, snow brush, rags and paper towels.
- Jumper cables and no-freeze windshield washer fluid.
- Bag of sand, gravel, or cat litter for extra traction.

NOTE: If you are stuck in a storm, it is best to remain in your vehicle until help arrives. Attempting to leave the vehicle in a storm is dangerous and should only be a last resort.

Please don't wait, start to put together your vehicle disaster kit today!