



# Winter Car Emergency Kit



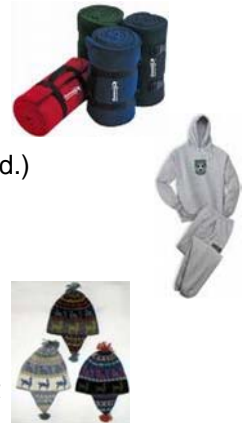
## Communication, illumination and attracting attention:

- \* Cell phone and charger to plug into your car's cigarette lighter
- \* Bright strip or bandana of cloth to attach to the antenna
- \* Flashlight (LED) with fresh (and extra batteries)
- \* Emergency flares and matches triangular hazard reflectors
- \* Several long burning candles



## Staying warm:

- \* Blankets or sleeping bags (understand how space blankets work. They keep you warm if you are warm by reflecting a portion of your heat back toward you. They will not make you warm if you get cold.)
- \* spare Warm clothes, gloves, cap and rubber boots, rain gear
- \* Extra newspapers for insulation
- \* Ski Hats (30-40 % of lost body heat is through the head)



## Staying healthy and alert:

- \* Drinking water
- \* High calorie, non-perishable food (canned fruit or nuts)
- \* First aid kit with pocket knife
- \* Plastic bags (for sanitation)
- \* Cards, Games, Puzzles
- \* Roll of paper towels



## Working in ice and snow:

- \* Ice scraper
- \* De-icer to defrost locks
- \* Small shovel
- \* Cat Litter, Sand or strips of carpet



## Car supplies:

- \* Fire Extinguisher
- \* Jumper cables
- \* Basic Tools
- \* Notepad and Pencils
- \* #10 can, can be used to dig and melt snow and ice for water
- \* Extra Fuses for the car
- \* Tow rope / strap
- \* Snow chains
- \* Extra quarts of oil
- \* Gallon of a coolant
- \* Gallon of windshield wiper cleaner



## Before Winter (and ongoing):

- 1) Service your car **before winter**.
- 2) Have your battery checked and the terminals cleaned. (The efficiency of your battery is reduced as the temp drops. The engine also requires more energy to start when cold and puts a bigger strain on your battery. Stop trying to start your car if your battery is dying!)
- 3) Have your tires checked to ensure you have enough tread for snow driving.
- 4) Have your exhaust system checked to ensure it's not leaking as this can introduce Carbon Monoxide.
- 5) Never there is snow or freezing weather forecast or on the groulet your tank go below 1/2 tank if nd.
- 6) **Keep your cell phone charged.**
- 7) Understand the classifications of National Weather Service alerts...

**Advisory:** Condition **may** occur, **Watch:** Condition is **very likely** to occur, **Warning:** Condition **is occurring!**

## In An Emergency:

- 1) **Remain alert and calm.** Comfort and assure children that you have a plan and know what to do.
- 2) If you break down or become stuck and are stranded, **remain with your car!** The car is easier to find and provides shelter from the weather.
- 3) If you are stranded in the cold, **conserve fuel** by running your engine for 10 minutes once an hour.
- 4) If you are in a snow storm, ensure the area around the tail pipe outlet remains clear of snow to **avoid carbon monoxide buildup.**
- 5) **Do not leave your lights or flashers on,** they will drain your battery!
- 6) Treat Hypothermia by raising the body's core temperature **smoothly.** Do not use extreme heat as this can induce shock and cause burns.
- 7) Treat frostbite likewise, don't walk on frost bitten feet, **warm the effected area gradually.** Get medical attention for frostbite ASAP!