

Emergency Kit for the Car



Water | This is your most important item.

You will need water to drink, for first aid, and to take medicine. Have at least one gallon of water per person, based on who usually rides in your car. A box of foil packets or cans of water from a camping store, or one liter bottles in a 20 bottle flat store well.



Prescription Medications | This is the second most important item.

If you take medications on which your health depends, you must carry a three-day supply at all times: examples, heart, blood pressure, diabetic medications, birth control. Keep this supply fresh by rotating it every week. In times of stress, health problems can become worse, so keeping to the prescribed schedule is very important. Also include any non-prescription medications you often use for allergies, headaches or indigestion.



Food

Food is important for psychological reasons and to keep your blood sugar level up to avoid dizzy or shaky feelings, so select food that you are used to eating. People with chronic health issues should consult their physicians for advice about the foods for their kits. Those without medical concerns could select crackers, peanut butter, snack packs of fruit or pudding, granola bars, protein bars, dried fruit, water-packed tuna or chicken and single serving cans of juice. Plan on four light meals per day. Rotate every six months.

- Avoid high sugar foods like candy and soft drinks as they make you very thirsty.
- Avoid alcoholic beverages.
- Avoid MREs, as they are very high in fat and sodium and can make you very sick if you are not accustomed to a high fat diet.
- Avoid “emergency food bars,” as they are designed for shipwrecked people who are sedentary in a boat and may get seasick. They are designed to keep blood sugar up in a few bites. They are not designed to satisfy hunger in a person who is moving around and working. They are also very high in sugar and fat.
- Avoid camping foods and other freeze dried foods, as they require a lot of water to reconstitute and metabolize. They are also high in calories.



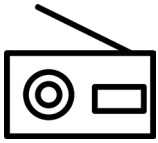
Light Source

A chemical light stick provides long shelf life and a spark-free source of light. A flashlight with a special long-life battery or a long-burning candle may be used after you have checked to be sure that there is no leaking gas or petroleum in the area. Do not rely on a regular flashlight, as ordinary batteries lose their power quickly in the heat of a car. Consider an electric light with an attachment to your car cigarette lighter, available at camping stores.



Communication

Your cell phone can be charged from your car battery. Use only the text function in a disaster to conserve battery life and bandwidth. Even when the voice function will not work, it is likely that a text will go through. Put your spouse or parents’ numbers in the ICE function, and keep other key numbers in the directory.



Radio

Your source for emergency broadcast information. Get a list of all-news stations for the areas where you live, work, and drive regularly. Keep this list in your glove compartment and in your emergency kit. A hand cranked emergency radio eliminates the need for batteries, and may include a flashlight. Some also have a solar power panel.



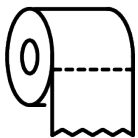
Emergency Blanket

Mylar emergency blankets are available at camping-goods stores for use as a blanket or a heat shield against the sun. They fold into a small package. A thermal blanket may be added when storage space permits.



First Aid Supplies

Include 4x4 gauze, cloth that can be torn into strips to hold a bandage in place, Kerlex, anti-bacterial ointment (such as Neosporin, Bacitracin), burn cream, rolls of gauze, large gauze pads, rolls of first aid tape, scissors, a large cloth square for a sling or tourniquet, safety pins, needles and heavy thread, matches, eye wash, a chemical ice pack and a first aid book. Rotate the medical supplies every six months.



Personal Care and Hygiene Items

Alcohol-based hand sanitizer, baby wipes, small plastic bottle of pine oil or other disinfectant, six large heavy-duty garbage bags with ties for sanitation and waste disposal, box of tissues, roll of toilet paper, plastic bucket to use as a toilet after lining it with a plastic garbage bag.. (Your smaller kit items can be stored in your bucket inside a sealed trash bag). Tooth brush/tooth paste, mouth wash, deodorant, face cloth, folding cup, other items based on personal needs.



Additional Items to Consider

Sturdy shoes, sweater or jacket, hat/sun visor, feminine hygiene supplies, whistle (to attract attention and call for help), rope or string, pencil and paper, safety pins, \$100 in small bills to buy essential supplies in case the ATM does not work, a roll of quarters for a pay phone. Add appropriate climate-related items like sun screen or gloves.



Fuel | Don't let your gas tank fall below half full!

The radio and heater in your car may save your life, but you can't run the car's accessories long without the gas to start the engine and re-charge the battery. After a disaster the gas pumps may not work for several days while electrical power is restored, and once the pumps work, the supplies will quickly be depleted through panic buying. NEVER CARRY CANS OF GAS IN YOUR TRUNK! A can of gas is a bomb!