## Vehicle Emergency Kit Check-list

### Sanitation
- 4-pack TP, flattened
- Hand sanitizer
- Toothbrush/toothpaste
- Plastic tablecloth
- Trash bags to line potty
- Baby wipes
- Bar of soap
- Dental floss
- Porta-potty
- Clorox wipes
- Feminine protection
- Small box tissues
- Zip-loc bags

### Sustenance
- MRE’s (heat sensitive)
- Energy bars (high calorie)
- almonds
- V-8 juice
- Canned pasta
- Gatorade mix
- Plastic utensils/metal cup
- Cocoa mix
- Peanut butter
- Jerky
- Dried fruit/canned fruit
- Applesauce/fruit cups
- Rice cakes
- Pilot bread/Triscuit
- Hard candies
- Tuna packs
- Dry cereal
- Jam/jelly cups
- Trail mix (no chocolate)
- Shelled sunflower seeds
- Freeze-dried meals
- Can opener

### Survival
- Water
- Canteen/water bottle
- Water filter
- Purification tablets
- Flashlight(s)
- Rain ponchos
- Emergency radio
- Heavy duty trash bags
- Emergency blanket/sleeping bag
- Duct tape
- Fleece blankets
- Tarp
- Paracord
- Multi-purpose knife
- Headlamp(s)
- Batteries
- Hand/foot warmers
- Work gloves
- Whistle
- Small shovel
- Fire-starters
- Water-proof matches
- Multi-tool
- Binoculars
- Light sticks
- Maps
- High quality first aid kid
- Bandana
- Small pair of scissors
- Collapsible nylon bag
- Shoe laces
- Walking shoes
- Floppy cotton hat
- Sun block
- Medications
- Face mask
- Bug repellent
- Moleskin
- Long-sleeve shirt
- Survival & first aid manuals

### Security
- Whistle
- Cash, coins
- Disposable camera
- Pepper spray
- Firearm with loaded magazines
- emergency phone numbers

### Sanity
- Deck of cards
- Foam ear plugs
- Book(s) on CD, paperbacks
- Bible
- Small journal/pen or pencil
- Chapstick
- Battery powered fan