



Vehicle Emergency Kit Check-list

No one enjoys being stranded on the side of the road, but when you have a well-equipped emergency kit packed away in the trunk, the crisis will be more bearable. This list covers the basics but also has a few suggestions you may not have thought of. And, your family has its own specific needs and circumstances, so take those into consideration as you pack your kit.

I keep my emergency kit packed in an opaque, under-the-bed bin that fits perfectly in the back of my SUV. To help with organization, I keep a laminated copy of this checklist on top of everything to help keep track of inventory. Once your list is laminated, use a china marker to keep track of what you have packed in the kit.

Sanitation

- 4-pack of toilet paper. Remove the cardboard tubes and flatten.
- Bottle of hand sanitizer. Store in a quart-size Ziploc bag to avoid leakage.
- Toothbrush, toothpaste, and dental floss. Travel sizes make these easier to pack. Pack a set of these for each member of the family in a Ziploc bag; label with each person's name.
- Plastic tablecloth to cover questionable surfaces when you're ready for a meal or a diaper change.
- Trash bags to line an emergency potty, which could be a 5-gallon bucket or a kiddie potty.
- Baby wipes
- Bar of soap in a Ziploc bag or soap box.
- Clorox wipes
- Feminine protection
- Small box tissues
- Zip-loc bags in different sizes. These come in handy for holding dirty laundry, dirty diapers, trash, and can also be used to hold water.

Sustenance

- Energy bars (high calorie)
- Almonds
- V-8 juice
- Gatorade mix
- Peanut or other nut butter in foil packets
- Jerky
- Dried fruit
- Applesauce/fruit cups

- Pilot bread/Triscuit
- Hard candies, lollipops
- Tuna packs
- Dry cereal
- Jam/jelly cups
- Trail mix (no chocolate)
- Shelled sunflower seeds

Survival

- Water. This can be a case of water bottles or cleaned 2-liter soda bottles, refilled with tap water, and tightly capped. Either way, these containers can be re-used.
- Water filter. I like the Life Straw or Sawyer Mini, which are both lightweight and portable.
- LED Flashlights and/or headlamps
- Rain ponchos
- Emergency radio that is both solar and battery powered.
- Heavy duty trash bags
- Reflective emergency blanket/sleeping bag
- Duct tape
- Fleece blankets. I roll these up and store them under the back seat for easiest access. They can be used as a window shade, ground cover, changing pad, and in so many other ways.
- Tarp
- 50 or more yards of paracord
- Multi-purpose knife
- Extra batteries for everything in your kit that uses a battery.
- Hand/foot warmers
- Work gloves
- Small shovel
- Fire-starters, such as water-proof matches, flint, or a Blast Match.
- Multi-tool
- Binoculars
- Light sticks. This is great to keep the kids entertained but also helpful for keeping track of them after dark.
- Maps
- Bandanas
- Small pair of scissors
- Collapsible nylon bag or small backpack. If you ever have to leave your vehicle for safer ground, this will enable you to take the most essential items with you.
- Shoe laces
- Walking shoes for each member of the family. Flip-flops and high heels are more fun, but you'll give thanks for having sturdy, comfortable shoes stashed in the car if you ever have to hoof it to safety.

- Floppy cotton hat
- Face mask. Even a simple dust mask comes in handy around a forest fire or high level of smog.
- Survival & first aid manuals

Health

- High quality first aid kit
- Sun block
- Insect repellent
- Pain relievers, including children's
- 7 days' worth prescription medications
- Inhaler
- EpiPen
- Moleskin

Security

- Whistle
- Cash, coins. Power outages also take out ATM machines. Having cash on hand for gas, a restaurant meal or hotel room might put you ahead of everyone else who have only a debit or credit card.
- Disposable camera. This could be very helpful in documenting a car accident, license plates, injuries, or storm damage.
- Pepper spray. Bear spray if your travels take you through bear country.
- Firearm with loaded magazines
- Emergency phone numbers on a laminated card.

Sanity

- Deck of cards
- Foam ear plugs
- Book(s) on CD, paperbacks
- Downloaded music, podcasts on smartphone
- Inspirational or motivational book
- Small journal/pen or pencil
- Chapstick
- Battery powered fan
- Activity book and pencils for kids