

NOVEMBER EMERGENCY PREPAREDNESS GOAL:
PUT TOGETHER A CAR KIT FOR EACH CAR

Car Survival and Emergency Kit Checklist

- Kept in a backpack
- Maintain a minimum of ½ tank of gas
- Tools needed to change a flat tire
- Jumper cables
- Road emergency flares
- Collapsible shovel
- Flashlight with extra batteries – Light Sticks
- Fire extinguisher (Standard Class ABC)
- Blanket(s) – (can be Mylar)
- Rubber disposable gloves
- Whistle (equipped to hang around neck)
- Coat(s) or Jacket(s) and Rain Poncho
- Food/Power Bar(s)
- Boots, goulashes or old shoes
- Water: 2-liter soda bottles (filled ¾ full to allow for freeze expansion) Rotate water every six months.
- Basic First Aid Kit
 - o Band aids, gauze, non-adherent sterile pads (various sizes) First aid tape
 - o Anti-bacterial ointment
 - o Burn cream
 - o Scissors, tweezers, pocketknife, razor blades...
 - o Large cotton cloth (use for sling, tourniquet, bandage)
 - o Non-aspirin pain reliever
 - o Chemical ice pack, hand warmer packets
 - o Safety pins (various sizes) needles, heavy thread
 - o Matches (waterproof)
 - o Eye wash
 - o Hand wipes (antiseptic) cotton balls, cotton pads
 - o Alcohol swabs, iodine (bottle or pads)
 - o PRESCRIPTION MEDICATIONS
- Additional car kit supplies
 - o Bag of sand or rock salt
 - o Tow rope
 - o Personal sanitation items (toilet tissue, Towelletes)
 - o Writing pad, pencils, road map
 - o Ice scraper

We don't know when or where a disaster may strike. Having a 72 hour kit or car kit in each of your vehicles will help you stay safe and prepared during and after an emergency.

Be prepared to live out of your car for anywhere from a few hours to a few days. Having basic items on hand may help keep you and those around you alive and comfortable!

****Come up with an emergency plan of where you will go following a major earthquake or disaster if you are at work. Figure out the closest relative or friend in proximity to your work and plan to walk there after an emergency.**



REMEMBER: If you have young children or an infant, keep basic supplies on hand in your car (and 72 hour kit) for their special needs:

- _____ baby bottle
- _____ formula
- _____ extra water
- _____ diapers & wipes
- _____ change of clothing
- _____ baby blankets
- _____ activities for young children
- _____ hand sanitizer



Start simple. Put items you have around the house in your kit. Start with the basics of food, water & shelter. As you find other items, add them in as you have money and time.

Maintain your vehicle(s) for seasonal changes and...
ALWAYS BUCKLE UP AND DRIVE SAFELY!!

**Information from www.bereadyutah.gov