

Car Survival Kit

Follow these suggestions for your car; make sure you have extra medicine with you at work:

- * Always maintain at least half a tank of gas
- * Tools needed to change a flat tire
- * Jumper cables
- * Road Emergency flares
- * Tow rope
- * Fire Extinguisher (Standard class ABC)
- * Siphoning hose
- * Bag of sand or rock salt
- * Collapsible shovel
- * First aid kit & guide information:
 - Band aids & gauze, various sizes of non-adherent sterile pads
 - First aid tape
 - Anti-bacterial ointment (Neosporin, Bacitracin, etc.) & burn cream
 - Scissors, tweezers, pocket knife, razor blade
 - Large square cloth (3 feet square) for a sling or tourniquet
 - Non-aspirin, pain relievers, ibuprofen
 - Chemical ice packs, hand warmer packets
 - Various sizes of safety pins, needle & heavy thread
 - Water proof matches
 - Eye wash
 - Hand wipes (antiseptic), cotton balls, cotton pads
 - Alcohol swabs, iodine (bottle or pads)
- * Flashlight with at least 2 extra batteries
- * Coat(s) or jacket(s)
- * Emergency blanket (Mylar)
- * Water: clear liter bottles (filled $\frac{3}{4}$ full to allow for expansion when frozen)
Rotate water every six months. Place in a box to keep moving around during vehicle movement.
- * Rubber disposable gloves
- * Whistle with lanyard to hang around your neck
- * Additional car kit supplies:
 - Sanitation (toilet tissue)
 - Freeze dried or non perishable canned foods and a can opener
 - Writing pad & pencils, map
 - Ice scraper for the winter
- * Make sure to maintain your vehicle(s) for seasonal change to both winter and summer weather