



Emergency Kit For Your Vehicle

How to Prepare an Emergency Supply Kit

What is the Problem?

Each year across the United States, residents experience natural disasters and extreme weather conditions that may leave them stranded in their car for hours or days on end. Though it is impossible to predict when a disaster will strike, it is possible to be prepared. Keeping an emergency kit in your vehicle will help keep you and your loved ones safe, should disaster strike.

Who is at Risk?

Anyone who drives or rides in a motor vehicle is at risk. Each area of the country presents its own unique circumstances that may leave you stranded including snowstorms, hurricanes, earthquakes, tornados, and mudslides.



Prevention Tips

While you cannot prevent a disaster from happening, you can be prepared to handle it effectively. Follow these tips to help keep you and your loved ones safe:

- If you are stranded, make sure your vehicle is pulled over as far off of the road as possible. Stay where you are while you wait for help, or until it is safe to get back onto the road.¹
- Keep a basic emergency kit in your car: flashlights, cell phone charger, batteries, maps, white distress flag, tire repair kit, blankets, first-aid kit, jumper cables, and road flares.^{2,3}
- If you are taking a trip, never let your fuel tank fall below half a tank, and always keep extra food and water in the car.^{4,5}
- If you live in a snow-prone area, load your car with winter travel gear: tire chains, ice scraper/snowbrush, extra blankets, a candle in a coffee can, and warm clothes/boots.⁶
- If you have children keep extra music/games in the car to keep them entertained while you wait for help.⁷



Plan of the Week (POW):

Anyone is at risk for being stranded in their car so it is important you keep basic supplies on hand at all times. **ALWAYS** keep extra blankets, jumper cables, cell phone charger, batteries, flashlights, maps, and a first-aid kit in your car.^{8,9} **NEVER** leave your vehicle to look for help; wait for authorities to come to you.¹⁰ Personalize your emergency kits for your family and include any necessary medications, baby supplies, or games for small children.

References

- 1,2,4,8,10 Centers for Disease Control and Prevention. Learn How to Shelter in Place: In a Vehicle. <http://emergency.cdc.gov/preparedness/shelter/vehicle/index.asp>. Updated 20 July 2012. Accessed 10 September 2013.
- 3,5-7,9 Washington State Department of Transportation. Winter Driving-Emergency Car Kit. <http://www.wsdot.wa.gov/winter/emergencykit.htm>. Updated 2013. Accessed 10 September 2013.

NMCPHC Injury Prevention and Violence Free Living Webpage

<http://www.med.navy.mil/sites/nmcphc/health-promotion/injury-violence-free-living/Pages/injury-violence-free-living.aspx>

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