

Emergency Kit For Car

As Presented by Kim Cameron for Insurance Women of Fresno

1. Case of bottled water
2. Food that won't spoil, such as dried fruit and canned goods, granola bars, peanut butter
3. Manual can opener and basic eating utensils
4. Flashlight and extra batteries (Expiration Date: _____)
5. Whistle
6. Compass
7. Candles, matches, and a deep can to hold candles
8. Blankets
9. Extra clothes and shoes/boots
10. Toilet paper and other personal care supplies
11. Road flares, cones and or warning triangles
12. Knife (a Swiss army knife is excellent for emergencies)
13. First aid kit
14. Some small bills and coins
15. Small shovel
16. Jumper cables
17. Antifreeze/windshield washer fluid
18. List of emergency contact numbers
19. Duct Tape
20. Tire Pressure gauge
21. Tow Rope
22. Fuses
23. Paper Towels / Rags
24. Scissors
25. Small Tool Box
26. Tire Sealant
27. Empty Gas Can
28. Can of motor oil

"You can survive for 3 weeks without food, 3 days without water, and 3 hours without shelter."

If you ever find yourself stranded in cold weather, your first priority should be to find shelter that will protect you against the cold.

