

CAR EMERGENCY KITS: WINTER EDITION

Winter weather can change quickly, and getting stuck in your car during cold temperatures can be dangerous. Having a winter-ready car emergency kit helps protect your health and safety if you are delayed, stranded, or unable to reach help right away.

MUST-HAVE ITEMS FOR COLD WEATHER

Keep these items in your vehicle all winter:

- Warm clothing and blankets (hats, gloves, scarves)
- Flashlight with extra batteries
- Cell phone charger or power bank
- First aid kit and any personal medications
- Non-perishable food (granola bars, crackers) and bottled water
- Ice scraper and snow brush
- Shovel and sand or cat litter for traction
- Jumper cables and basic car tools
- Reflective triangles or flares for visibility



HEALTH & SAFETY TIPS IF YOU'RE STRANDED



- Stay inside your vehicle for shelter, but run the engine only briefly to stay warm.
- Make sure the exhaust pipe is clear of snow to prevent carbon monoxide poisoning.
- Wear layers and use blankets to conserve body heat.
- Turn on hazard lights so others can see you.
- Call for help as soon as possible and share your location.

PLAN AHEAD

- Check your kit at the start of winter and replace expired items.
- Let someone know your route and expected arrival time during bad weather.
- Keep your gas tank at least half full in winter months.

Being prepared can prevent injuries, reduce stress, and save lives during winter emergencies.

For more information on preparing a car emergency kit, visit:
redcross.org/take-a-class/resources/articles/car-emergency-kit-what-to-include



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