

DISASTER CAR KIT

At minimum you should have some non-perishable food,



water, warm clothes and a first aid kit.

Start with an old backpack and gather some granola bars, nuts, and other sealed snacks....

Add a couple large bottles of water....

Include some plastic bags and baby wipes for personal hygiene needs and a small first aid kit with

Band-Aids, and pain reliever and

Add a multi tool flashlight and duct

Put in some warm clothes and a stocking cap.

(A down jacket that folds up into a very small package would be ideal)

and maybe a small blanket.

Add a pair of sturdy shoes and you are all set.

You can always add additional items to personalize your

Such as a phone charger, feminine products, battery operated radio, spare batteries, Rain poncho, rope, flares, etc. etc.

Place this backpack next to the jumper cables in your trunk and you will be prepared at work and in the car.

In the winter months include snow chains and some kitty litter for traction



hand sanitizer.

