

# VEHICLE EMERGENCY KIT CHECKLIST

[stalbert.ca/beprepared](http://stalbert.ca/beprepared)

Have this kit available in your vehicle year-round. Check your kit twice a year to ensure freshness of food and water and to restock any items. Assemble supplies in a portable container and store in your vehicle.

**Remember:** Try to keep your vehicle's gas tank at least half-full at all times.

## Items to include:

- Flashlight and extra batteries
- Portable cell phone charger
- Non-perishable food/energy bars
- Infant formula, diapers, wipes
- Bottled water: plastic so it won't break if frozen
- Booster cables
- Hand sanitizer: 60% alcohol  
(can also be used for de-icing frozen locks)
- Emergency flares
- High visibility vest
- Candle in a deep metal can  
and waterproof matches
- Heavy blanket/sleeping bag
- Extra clothing & footwear: seasonal
- Work gloves
- First aid kit
- Shovel
- Fire extinguisher
- Whistle
- Spare fuel container
- Road maps
- Emergency contact numbers
- Emergency help sign for dashboard

