

# Get Prepared

[Home](#) > [Emergency Kits](#) > [Emergency car kit](#)

---

## Emergency Car Kit

If you have a car, prepare an emergency car kit and keep it in the vehicle. The basic emergency kit for cars should include the following items:

### Print this page.

Check off the items for your 72-hour emergency kit as you accumulate them.

#### Emergency Car Kit

**Food**

That won't spoil, such as energy bars

**Water**

In plastic bottles so they won't break if frozen (change every six months)

Blanket

Extra clothing and shoes

**First aid kit**

With seatbelt cutter

Small shovel, scraper and snowbrush

Candle in a deep can and matches

Wind-up flashlight

**Whistle**

In case you need to attract attention

Roadmaps

Copy of your emergency plan and personal documents

### Also keep these inside your trunk

Sand, salt or cat litter (non clumping)

Antifreeze/windshield washer fluid

Tow rope

Jumper cables

Fire extinguisher

Warning light or road flares

Clear checkboxes

Date modified 2013-11-21

