

Car Emergency Kit

- ☐ List of important phone numbers
- ☐ Flashlight and batteries
- ☐ Hand warmers
- ☐ Jumper cables
- ☐ Battery charger
- ☐ Ice scraper
- ☐ Band-aids, regular and large
- ☐ Antibiotic ointment
- ☐ Gauze pads
- ☐ Paper tape to use with the gauze
- ☐ Benadryl for allergic reactions
- ☐ Pain Reliever Medicine
- ☐ Instant ice packs
- ☐ Water (Watch your container for freezer, cracking your container, and then leaking.)
- ☐ Plastic bags

Other things to consider keeping in your car:

- ☐ Scissors
- ☐ Tissues
- ☐ Baby wipes
- ☐ Feminine hygiene products
- ☐ Spare diaper
- ☐ Spare set of clothes

Food items that won't be affected if they get too warm or freeze.

A few suggestions:

- ☐ Jerky
- ☐ Granola bars or Protein bars
- ☐ Trail Mix
- ☐ Gum
- ☐ Ningxia Red singles from Young Living

Boredom Busters or Distraction Keepers

- ☐ Card Games
- ☐ Notebook and colored pencils
- ☐ Trivia deck like BrainQuest

Other Ideas

- ☐ _____
- ☐ _____
- ☐ _____

Mini "Emergency Kit" to put in your purse, backpack or bike.

- ☐ Band-aid
- ☐ Antibiotic ointment
- ☐ Pain Relievers
- ☐ Benadryl