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## *Safe Driving and the Older Adult*

# **VEHICLE EMERGENCY KITS**

A vehicle emergency can happen at any time. A range of problems can cause it, from a tire failure or mechanical breakdown to running out of fuel. Being prepared with a basic emergency kit can reduce stress, help you stay safe while you handle your vehicle issue, and help you get back on the road faster. It's also important to make periodic checks on the equipment to ensure it works—that the spare tire is properly inflated, batteries are not discharged, water is fresh, and food is dry. In addition, be familiar with how each tool works, from the cell phone to the jack, before you need to use it in an emergency.

### **Basic kit**

**This kit is intended to aid you in getting help, signaling your car's presence to other motorists, and tackling simple challenges.**

Cellular phone	Warning light, hazard triangle, or flares
First-aid kit	Jumper cables or a portable battery booster
Fire extinguisher	Flashlight
Pen and pad of paper	Gloves, hand cleaner, and clean rags
Tire gauge	Jack and Lug wrench
Foam tire sealant	Spare fuses
\$20 in small bills and change	AAA card or roadside-assistance number
Bottle of water	Hard candy and/or crackers

### **Additional items for long-distance driving**

**For long trips, add these items to your basic emergency kit.**

Basic tools	Coolant hose repair kit and tape
Extra clothes and small tarp	Water and non-perishable emergency food
CB radio	GPS navigation system

### **Additional items for winter driving**

**For the cold, wet conditions of winter, you may need additional items in your emergency kit, especially if you travel in remote areas or in severe conditions.**

Windshield scraper	Tire chains and tow strap
Blanket and winter hat	Chemical hand warmers
Small folding shovel	Bag of cat litter