

Preparation:

- Keep gas tank full whenever possible and refill at half tank is possible
- Check tire pressure and re-torque wheels when changing to winter tires
- Consider travel changes in extreme weather and avoid driving at night in stormy weather if possible
- Inform others of your travel plan and route and a likely arrival time, have a call/text check in plan
- Have a fully stocked vehicle safety kit and first aid kit (restock and check food, water, and batteries at least every 6 months)



Vehicle breaks down:

- Remain in vehicle as much as possible (if exiting vehicle be aware of traffic that may not see you, be aware of terrain and slippery ground)
- Conserve energy (if unable to quickly dig out of snow don't tire yourself if efforts are futile)
- Keep engine off as much as possible (make sure exhaust pipe is clear of snow to prevent carbon monoxide build up in vehicle)
- Use candle in vehicle for heat (in deep metal container, caution of fire and damaging vehicle with flame).
- Make car visible (warning lights, flare, flashing light)
- Use flashlight, candle or interior ceiling light for visual light over headlights and 4 ways for long periods of time to keep car battery available)
- Move around inside vehicle to maintain circulation, stay awake in case help arrives to signal for assistance
- Keep dry, wet clothes will make you significantly colder and it will be challenging to dry out

Winter Vehicle Safety Kit



Goal of winter vehicle safety kit is to easily fix minor vehicle issues, recover vehicle stuck in snow, and remain in vehicle for up to 24 hours if necessary.

- Check, stock, and change out items as needed (food, water, batteries)
- Store kit in waterproof container in accessible area of vehicle
- Pre-made vehicle safety kits purchased in stores are likely incomplete but are a good place to start and supplement with list below
- Organize items in kit for ease of locating (tools/repair, warmth/shelter, signaling/light, Food/Water)
- Some items that are larger can be stored throughout the vehicle (snow brush, shovel, windshield washer fluid)
- Items in list below with *symbol are not necessary but nice to have or specific to length of trip or remoteness of travel

A fully stocked First Aid kit with trauma supplies is ideal to carry separate for quick access

Winter Vehicle Safety Kit



- ❖ Fix minor vehicle issues, recover vehicle stuck in snow, and remain in vehicle for up to 24 hours
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- ❖ Some items can be stored throughout the vehicle
- ❖ *Nice to have or specific to length of trip or remoteness of travel

- First Aid kit with trauma supplies**
✓ Wildmedkits.ca



- Vehicle Inspection**
✓ Winter tires, oil change, issues...



Tools and Repair:

- Tire gauge
- Zip ties
- Duct tape
- Paracord
- Multitool
- Folding Shovel
- Gloves
- Tire inflator
- Tire repair kit/plugs
- Jumper cables
- Tow rope
- Traction mats (vehicle floor mat)
- Windshield washer fluid (winter rated)
- Snow brush/scrapper
- Reflective vest
- Safety glasses
- Kneeling matt (vehicle floor mat)
- *Folding Saw
- *Hatchet
- *Fire extinguisher
- *Battery restarter



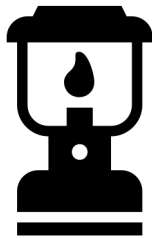
Food and Water:

- Insulate/cooler Bag (to store water in will help maintain a constant temperature)
- Ziploc Bags
- Garbage Bags
- Water Bottles (Ideal 2L per person)
- Food that won't spoil in heat/cold (energy bars, dried fruit bars)
- Baby wipes
- *Water bottle refillable
- *Water filter
- *Metal Cup
- *Fuel stove
- *Fuel Canister
- *Electrolytes
- *Instant Coffee/Tea



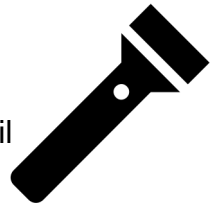
Shelter/Warmth:

- Extra clothes: pants, sweater, jacket, socks, hat, mitts, boots
- Emergency Candle in metal container
- Lighter, Matches
- Sleeping Bag or blanket
- Emergency poncho
- Body/Hand Warmer Packets
- Mylar Emergency Blankets
- *Tarp



Signaling/Light:

- Chem Lights (glow sticks)
- Whistle
- Waterproof Notebook and pencil
- Flashlight
- Flashing light (or road flair)
- Extra batteries: lithium (will work better in cold)
- *Road map of local area (can be downloaded for free from some government websites and printed or stored on phone as pdf)



Video Overview



Order Supplies