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## **Winter Survival Kits For Your Vehicle**

### **Facts**

- Each year, hundreds of Minnesotans find themselves stranded on the roadside.
- Winter weather can kill an unprepared person who is exposed to the elements within minutes.

### **Safe Behavior**

- Assemble winter survival kits for all of your vehicles. Keep them inside the vehicle where they will be readily accessible. The kit should include:
  - Three-pound coffee can, candle stubs and matches which can be used to melt snow for additional drinking water
  - Metal or plastic cup
  - Red bandanna and a plastic whistle to alert rescuers to your location
  - Pencil and paper
  - First aid kit, including any essential medications
  - Plastic flashlight with spare batteries (reverse the batteries to avoid accidental switching and burnout, and replace batteries yearly)
  - Two large plastic garbage bags, safety pins (bags are for insulation for feet, safety pins keep the bags together)
  - Snack foods for energy, such as candy bars.
- Some other items that you should carry include gloves or mittens, winter boots, a blanket and/or sleeping bag, jumper cables, a basic toolbox, shovel, bag of sand or other grit for traction, tow cable or chain, road flares and reflectors. You could also consider an extra set of dry clothing or a snowmobile suit.
- Whenever traveling in winter, call ahead to your destination and tell when you intend to leave, your travel route, and your expected time of arrival.
- If you become stranded, never leave your vehicle. Your chances of survival greatly increase if you stay put.

- Consider carrying a cellular phone for use during emergencies. Find a safe place to pull off the road when you need to make a call.

### **Additional Materials**

- For more information about safe driving and winter survival kits, contact the American Red Cross, the Minnesota Safety Council, or the Minnesota Division of Homeland Security and Emergency Management.

### **Contact**

- Anne-Sophie Kuzel  
American Red Cross, Twin Cities Chapter  
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- Ann Kulenkamp  
Minnesota Safety Council  
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