



FAMILY CAR EMERGENCY KIT

Your Complete Preparedness Checklist

FREE PRINTABLE VERSION

Before You Begin: Print this checklist and keep copies in your vehicle, garage, and emergency supplies storage area. Use it to build your kit systematically and maintain it quarterly. Remember: The first 7 minutes of any roadside emergency determine your family's outcome. This checklist ensures you're prepared when those critical moments arrive.

EMERGENCY PRIORITY TIP

Build your kit in phases if budget is tight. Start with items marked "CRITICAL" - these address the most common and dangerous roadside emergencies. Add remaining items over the next 2-3 months.



POWER & MECHANICAL SYSTEMS

☐

1. Power Restoration System

CRITICAL

- ☐ Heavy-duty jumper cables (8-gauge minimum, 20-foot length)
- ☐ OR Portable lithium jump starter (minimum 800 amp peak)
- ☐ Clean, corrosion-free clamps with functional springs

☐ Current ☐ Needs Replacement ☐ Not Acquired

Last Tested: _____

☐

2. Tire Management Command

- ☐ Digital tire pressure gauge (± 0.5 PSI accuracy)
- ☐ Portable air compressor (12V with auto-shutoff)
- ☐ Multiple adapters for various valve types

☐ Current ☐ Needs Replacement ☐ Not Acquired

☐

3. Tire Change Arsenal

CRITICAL

- ☐ Properly sized lug wrench with extender
- ☐ Jack meeting vehicle weight requirements
- ☐ Wheel chocks + work gloves + kneeling pad

☐ Current ☐ Needs Replacement ☐ Not Acquired

☐

4. Multi-Tool Kit

- ☐ Multi-tool with pliers, knife, screwdrivers
- ☐ Adjustable wrench + electrical tape
- ☐ Water-resistant storage case

☐ Current ☐ Needs Replacement ☐ Not Acquired



5. Emergency Repair Materials

- ☐ Automotive-grade duct tape
- ☐ Assorted zip ties (20+ each: 4", 8", 14")
- ☐ UV-resistant construction

☐ Current ☐ Needs Replacement ☐ Not Acquired



VISIBILITY & SIGNALING SYSTEMS



6. Illumination Tools **CRITICAL**

- ☐ LED tactical flashlight with multiple modes
- ☐ Extra batteries (both lithium and alkaline)
- ☐ Water and impact resistant construction

☐ Current ☐ Needs Replacement ☐ Not Acquired

Battery Replacement: _____



7. Traffic Warning System **CRITICAL**

- ☐ Road flares OR LED electronic flares
- ☐ Reflective warning triangles (minimum 3)
- ☐ Waterproof storage container

☐ Current ☐ Needs Replacement ☐ Not Acquired

Flare Expiration: _____



8. Fire Safety Equipment

- ☐ Class B-C or ABC-rated fire extinguisher
- ☐ Secured mounting bracket for easy access
- ☐ Clear pressure gauge indicator

☐ Current ☐ Needs Replacement ☐ Not Acquired

Inspection Date: _____



9. Winter Visibility Tools

- ☐ Ice scraper with brush (extendable handle)
- ☐ Comfortable grip for gloved hands
- ☐ Stored inside passenger compartment

☐ Current ☐ Needs Replacement ☐ Not Acquired

Seasonal Note: Remove during summer months if desired, but reinstall by October 1st in cold-weather regions.



COMMUNICATION & NAVIGATION



10. Communication Power System **CRITICAL**

- ☐ High-capacity power bank (10,000+ mAh)
- ☐ Multiple charging cables (all device types)
- ☐ Braided nylon cables for durability

☐ Current ☐ Needs Replacement ☐ Not Acquired

Last Charged: _____



11. Navigation Backup System

- ☐ Physical maps (waterproof, covering your region)
- ☐ Emergency contact cards for each family member
- ☐ Insurance and registration copies

☐ Current ☐ Needs Replacement ☐ Not Acquired



MEDICAL & HYGIENE



12. Medical Response System

CRITICAL

- ☐ Comprehensive first aid kit
- ☐ Family-specific prescription medications
- ☐ Medical information cards for each family member

☐ Current ☐ Needs Replacement ☐ Not Acquired

Med Expiration Check: _____



13. Sanitization Supplies

- ☐ Hand sanitizer (60%+ alcohol)
- ☐ Biodegradable wet wipes + toilet paper
- ☐ Disposal bags with secure closure

☐ Current ☐ Needs Replacement ☐ Not Acquired



SUSTENANCE & COMFORT



14. Water Reserves

CRITICAL

- ☐ Minimum two gallons total
- ☐ BPA-free containers for long-term storage
- ☐ Stored away from direct sunlight

☐ Current ☐ Needs Replacement ☐ Not Acquired

Replacement Date: _____



15. Emergency Food Supply

- ☐ Protein-rich, non-perishable snacks
- ☐ Extended shelf-life (12+ months)
- ☐ Temperature-stable formulations

☐ Current ☐ Needs Replacement ☐ Not Acquired

Expiration Date: _____



16. Temperature Management

- ☐ Emergency thermal blankets (1 per passenger)
- ☐ Wool or fleece blanket (maintains warmth when damp)
- ☐ Complete change of clothes per family member

☐ Current ☐ Needs Replacement ☐ Not Acquired



17. Weather Defense Equipment

- ☐ Disposable rain ponchos (1+ per passenger)
- ☐ Weather-resistant gloves for repairs

- ☐ Compact folding umbrella + waterproof tarp
- ☐ Current ☐ Needs Replacement ☐ Not Acquired

FAMILY-SPECIFIC SYSTEMS



18. Child Support Entertainment

- ☐ Non-electronic interactive games (cards, travel games)
☐ Comfort objects for younger children
☐ Pre-downloaded entertainment with backup power
- ☐ Current ☐ Needs Replacement ☐ Not Acquired



19. Pet Emergency Equipment

- ☐ Collapsible water bowl + 3-day food supply
☐ Extra leash, harness, and carrier
☐ Pet first aid supplies + waste management bags
- ☐ Current ☐ Needs Replacement ☐ Not Acquired



20. Region & Season-Specific Gear

- ☐ Regional hazard equipment (desert/mountain/coastal)
☐ Seasonal protection items (winter/summer specific)
☐ Family-specific necessities based on unique needs
- ☐ Current ☐ Needs Replacement ☐ Not Acquired

Seasonal Note: Adjust contents quarterly based on weather patterns and travel plans.



EMERGENCY KIT MAINTENANCE PROTOCOL

Quarterly Inspection Schedule: Set calendar reminders to maintain your family's safety readiness.

Q1 Inspection: _____

- ☐ Water replacement ☐ Battery check
☐ Food expiration ☐ Tool function

Q2 Inspection: _____

- ☐ Water replacement ☐ Battery check
☐ Food expiration ☐ Tool function

Q3 Inspection: _____

- ☐ Water replacement ☐ Battery check
☐ Food expiration ☐ Tool function

Q4 Inspection: _____

- ☐ Water replacement ☐ Battery check
☐ Food expiration ☐ Tool function

Critical Replacement Schedule:

- Water: Every 6 months
- Food: Check monthly, replace per expiration
- Batteries: Replace annually