



# 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 ( $\pm 0.5$  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