

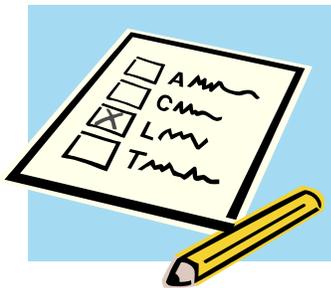
Work and School Kits

In addition to your primary kit at home, make sure you're prepared at work or school. Keep these items under your desk, in your locker or near your work space:

- Water
- High-protein, high-energy food
- First-aid supplies
- Flashlight/batteries
- Radio/batteries
- Out of area phone contact
- Basic sanitation supplies
- Warm clothing
- Sturdy shoes or boots and socks



Additional Work/School Kit Items:



- Photo of family, pets or loved ones
- Note from family or loved ones
- Extra set of car and house keys
- Photocopy of driver's license or ID
- Whistle
- Dust mask
- Prescription medication
- Contact lens case/solution or spare eyeglasses

Store your items in a backpack or other small, portable container. Protect important documents in small plastic sealable bags. Be sure to re-think your kit at least once a year, adding or replacing items as necessary. Good times to do this are spring and fall time changes, or the start of the school year.

Car Kits

At a minimum, your car kit should contain these 11 essential items:

- Bottled water
- High-protein, high-energy food
- First-aid kit
- Blankets
- Flashlight/batteries
- Radio/batteries
- Basic sanitation supplies
- Warm clothing
- Sturdy shoes or boots and socks
- Raingear, hat and gloves
- Paper and pencils or pens

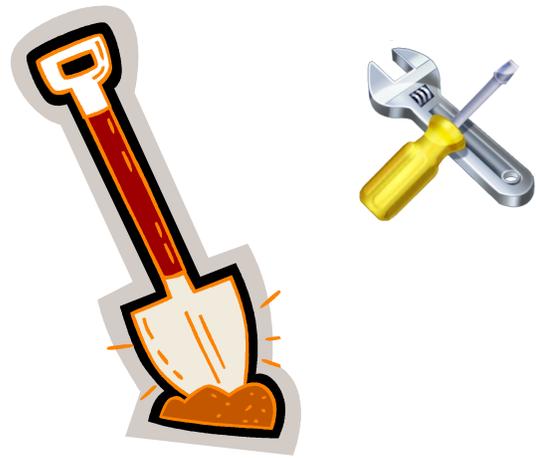


Before traveling, especially in winter, make sure your vehicle is properly prepared. The most important item is your brain—use your head to keep you out of trouble and get you where you need to go. Work smarter, not harder! Check this safety list:

- Vehicle up-to-date on regular maintenance schedule
- Windshield washer fluid full with winter fluid
- Oil at proper level
- Vehicle heating system works, including defroster
- Antifreeze in radiator tests to -15 degrees F.
- Full tank of gas
- Good windshield wiper blades
- Headlights/tail lights/turn signals/hazard signals in working order
- Seatbelts for all passengers in working order
- If transporting children, approved, size-appropriate child seat properly installed
- Check hub locks for four-wheel drive
- Good traction tires, properly inflated. Tire pressure drops along with temperature.

Include these 15 priority items for road emergencies and winter driving:

- Leather gloves
- Tire chains (blocks of wood may help with installation)
- Tarp (for use when putting on chains) and/or kneel pad
- Burlap sacks, kitty litter or sand
- Stock vehicle jack and a lug wrench that fits your wheel lug nuts
- Spare tire
- Shovel — the bigger the better
- Ice scraper and snow brush
- Windshield de-icer and lock de-icer
- Jumper cables or self-contained battery jumper
- Small, empty gas can (fill only if needed)
- Flares or road-emergency warning lights
- Fire extinguisher
- Emergency cash – in case you need a tow
- Extra weight, properly secured for improved traction



For winter or bad weather, include these items if you have room:

- Small tools you know how to use
- Cell phone car charger
- Foot traction (Yak-Trax, etc.)
- High-lift jack
- Shackle(s)
- Receiver hitch with hook or hole for clevis (do not use tow ball)
- Tow strap – no hooks
- Saw (for cutting branches to use as traction)
- Rope
- Compass – and knowledge of how to use it
- GPS
- Maps of the area or bus route information
- “Little Hotties” type chemical warmers
- Portable air compressor
- Digital or disposable (one-time use) camera

More Car Kit Tips:

- Be sure to check your car kit supplies at least twice a year—spring and fall time changes are best. Variations in heat and cold shorten the life of stored food and can deteriorate first-aid items and other materials like plastic and rubber.
- If you must leave your vehicle, leave a note on the dashboard stating when you left, where you went and any contact information.