

Survival Moms on the Go, First Steps

Resource provided by Lisa Bedford, www.TheSurvivalMom.com

Our homes are equipped for every type of emergency, why not our vehicles? A roadside emergency kit is great, but doesn't address cranky kids' needs when you're stuck on the side of the road.

1. Your own vehicle kit will be adapted to the ages of your children and size of your family, but a general list can be found on my website under Preparedness 101..."Don't Leave Home Without It"
 - a. My Kit is an under-the-bed type container, clear plastic, Rubbermaid.
 - b. I've stashed some things under the seats
 - c. I really do have room for the kids after all this is packed!
 - d. You probably have almost all of these items on hand right now, just start looking!
2. First, start with water. Necessary for cleaning up kid messes, cooling down hot kids, and staying hydrated.
 - a. Collapsible water containers
 - b. Filled 2-liter bottles, clean first with a small amount of soap, water, and a drop of bleach.
 - c. If possible, keep a case of water bottles in the trunk.
 - d. A small spray bottle may help cool everyone down.
 - e. A spare baby bottle
3. Pack some snacks – not too salty, not too sweet, and can take high temperatures
 - a. Cheerios
 - b. Goldfish crackers
 - c. Trail mix, raisins
 - d. Dehydrated fruit
 - e. Sunflower seeds
 - f. Energy bars...but maybe not! Too much energy? No thanks!
 - g. Powdered drinks with electrolytes
 - h. Peanut butter, applesauce in individual containers
 - i. Just make sure you won't need utensils
 - i. Don't overdo it with the eating, though, or you'll next be searching out bushes and trees for the next category...
4. Next, include items for maintaining a degree of hygiene in your car:
 - a. hand sanitizer
 - b. antibacterial wipes
 - c. toilet paper – remove the inner cardboard tube and flatten
 - d. a potty chair and several plastic bags – even a grownup can sit on one!
 - e. baby wipes

- f. extra diapers
- g. Bath and Body Works concentrated room spray!

5. Once everyone has had a drink, a snack, and has gone to the bathroom, beware of boredom! Pack things to keep everyone entertained.

- a. coloring book with colored pencils,
- b. playing cards,
- c. a read-aloud
- d. Assume you won't have any power in your car
- e. Light sticks – entertainment and a signaling device in one!

6. Pack a small first aid kit and other related items.

- a. Super Glue is handy in the case of small cuts,
- b. a pain reliever for kids and adults
- c. anything needed by members of your family that can be safely kept in the car
- d. sunblock

7. Weather related items to include:

- a. rain ponchos
- b. umbrella
- c. battery-powered fan (with batteries)
- d. one of those big, black contractor trash bags makes a great...
 - i. rain poncho
 - ii. ground cover
 - iii. hold wet clothes and shoes
 - iv. trash bag!

8. Overall comfort

- a. small blankets – 2 yards of fleece, Gymboree baby blankets are versatile
- b. a neck pillow
- c. possibly a clean shirt for each person
- d. fresh undies

9. For moms:

- a. ear plugs,
- b. Motrin,
- c. a pair of old, comfy walking shoes in case you have to walk for help and are wearing flip flops
- d. feminine protection (With my luck....)
- e. A little extra cash in case there's a McDonald's with a play land anywhere within walking distance, or as a bribe. Bribes are good.