

# The Survival Mom

## Vehicle Emergency Kit 2

### Sanitation

- A 4-pack of toilet paper, flattened (Take the center cardboard tube out to make it as flat as possible.)
- Baby wipes
- Small box of Kleenex
- Hand sanitizer
- Bar of soap
- Clorox wipes
- A few plastic grocery bags stuffed into another grocery bag
- Toothbrushes and toothpaste
- Dental floss
- Tampons/feminine protection
- paper towels

### Sustenance

- Beef jerky or something similar
- Trail mix
- Shelled sunflower seeds
- Small cans of food, such as fruit, ravioli, tuna
- Protein bars and granola bars
- High calorie energy bars (Mainstay is a good brand.)
- Hard candies
- Packets for flavoring water
- A few freeze-dried meals
- Can opener, unless all your cans have a pop-top
- Plastic forks, spoons and knives, one set per person
- Download 'Handy No-Cook Foods' for more suggestions.

### Entertainment

- A read-aloud book
- Small Bible
- Paper and pens/pencils
- Deck of cards.
- Single-use digital camera (Not only good for entertainment, but it might come in handy to document your emergency situation.)
- Small binoculars
- Sharpie

- Glo-sticks
- Ear plugs

### Hard-Core Survival

- Emergency blankets
- Fleece blankets
- Light sources (Headlamps are worth their weight in gold, but also have a traditional flashlight or two. These can be stored in a glove compartment or other niche in your vehicle.)
- Rain ponchos
- Duct tape
- Hand and foot warmers
- Rope (Check out brand name Paracord for top quality.)
- Knife (A cheapie pocket knife is better than nothing, but you'll be grateful if you pack something sturdier.)
- Battery/solar-powered emergency radio
- One or two plastic ground covers
- Work gloves
- Extra batteries for anything battery powered in your Kit
- Umbrella
- Waterproof matches
- Whistle
- Compass (Learn how to use it!)
- Water purification tablets
- Small portable water filter
- Tinder and at least two methods for starting a fire
- Mirror for signaling
- Small, sturdy shovel (Check out a collapsible shovel if space is tight.)
- Two heavy duty black trash bags
- An emergency radio (If your car battery is dead, you'll have no way of keeping up with weather reports or road updates.)
- Water
- Road maps for your state and adjoining states, just in case.

### Medical

- Basic First Aid Kit from Wal-Mart, price \$9
- Children's pain relief medication and dispenser
- Adult pain relief medication
- Quick Clot (This product quickly stops bleeding in the case of a serious wound.)
- Benadryl
- Aspirin
- Small bottle of bleach

- Thermometer
- Sunblock
- Insect repellent
- Medical gloves and face masks
- Tweezers
- First Aid reference book
- Super Glue
- Moleskin

### Miscellaneous

- Ziploc-style bags (Just store some of your items in different sized bags so you'll have them already packed.)
- Rubber bands
- A bungee cord or two
- A cell phone charger. Unless you know that you know there's one elsewhere in the car.
- Comb/hairbrush
- Small scissors
- Sewing kit
- Cloth sheet
- A couple of compact nylon bags and a nylon backpack (If you have to leave your vehicle, you'll need something for carrying supplies.)
- Money in small bills, along with plenty of change.
- A list of emergency phone numbers
- A battery-powered fan
- A long-sleeved shirt for each person
- A pair of comfortable walking shoes and wool socks for each person
- A wool cap and/or a floppy brimmed hat
- Pepper spray
- Bandanas
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