

Food	Non-perishable food with high protein value
	Sugar free food alternatives (for assisting people with diabetes)
	Diabetic "Activity Snacks"
	Gluten free food alternatives (for assisting people with Celiac disease)
	Pet food (if you have and travel with a pet)
Water and liquids	Bottled water and electrolytes (add to vehicle as needed during cold temperatures)
Medical supplies	Emergency supply of any prescription drugs
	Over-the-counter medications such as pain relievers, cold medications, digestive aids, and anti-nausea
	Back-up pair of glasses
Critical records	Have a copy of critical documents in a protective, sealable bag (i.e., emergency contact list, critical medical records, and prescriptions)
First aid kit	Gauze, bandages, tape and antibacterial ointment, antiseptic wipes, and protective gloves
Sanitation Supplies	Hand Sanitizer and wipes
	Non-medical masks
	Trash bags
	Tissues, toilet paper and paper towels
Other items	Warning light or road flares
	Seatbelt cutter
	Battery-powered or crank radio
	Battery-powered or crank flashlights/lamps
	Candles, deep can (to safely light candle) and matches or a lighter
	A multi-tool
	Extra blankets
	Electronics (phone) vehicle charger
	Extra clothing (weather appropriate) and extra shoes or boots
	Small shovel, scraper, and snowbrush
	Sand, salt, or cat litter (non-clumping)
	Antifreeze
	Windshield washer fluid
	Jumper cables
	Tow ropes
	Road maps
	Fire extinguisher
	Duct tape
	Whistle
	Extra leash (if you have and travel with a pet)
Copy of your emergency plan	