



## Winter Survival 101

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With winter on our heels, now is a good time to revisit and update our current preparations to make sure they are sufficient for our current needs.

Since one of the biggest dangers of the winter season is travel, now is a great time to make sure your car emergency kit is up to par. I keep a well stocked emergency kit in my car at all times as part of my overall survival strategy. If you don't already have one – get one! Here are the basic items every driver should keep in the car:

### Auto Survival Kit Basics:

#### Basics

- First Aid Kit
- Auto Emergency Tool Kit
- Non-perishable Food
- Emergency Drinking Water
- Dependable Lighter
- 
- Candle

#### Warmth:

- Blanket(s)
- Winter coat
- Mittens/Gloves
- Scarves
- Hand/foot warmers

*\*\*\*Be sure to include enough for each member of the family*

#### Car Emergencies:

- Jumper cables
- Tire chains
- Shovel and litter (for getting stuck in the snow)



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\*\*\*I found that all of the items listed (for a family of 3) fit nicely into a 31 gallon rubber tote. I just leave it in the back of my SUV.

“ An ounce of prevention is worth a pound of cure. ~Benjamin Franklin

### Winter Travel Tips:

#### Take the time to make sure your vehicle is in a safe driving condition before traveling.

- Be sure to verify the functionality of signal lights frequently during the winter months. The more visible you are to others, the less likely an accident will occur.
- Check your vehicle for flat tires before traveling to prevent becoming stranded or changing a tire in the snow.

#### If the road conditions are too hazardous, know your plan.

- If you become stranded on the side of the road, be sure to turn on your emergency flashers to make yourself visible to other vehicles on the road.
- If your vehicle becomes lodged in the snow and is unable to drive, use the shovel and kitty litter in your kit to gain traction for your tires.
- Always stay with your car. Your vehicle can protect you from the elements and make you less vulnerable to frostbite or becoming lost.
- If you need to run your engine for heat, limit running time to about ten minutes per hour and remember to roll down your windows slightly to allow for ventilation.

Remember that if you **take the time prepare a sufficient emergency kit** in advance, chances are you will be able to successfully recover from any mishaps that may occur on the road this winter.

But most importantly: Keep your cool! It's easy to become frazzled in a survival situation but stay positive and follow your plan. If you have children, be sure to include a coloring book or deck of cards in your kit to help keep the mood light in the car while you wait out the storm.

\*\*\*This article was contributed by Chrystle Poss a.k.a. "Survival Girl", a Survival Spot Blog Guest Author and devoted Prepper. She has been writing articles on survival and emergency preparedness since 2006. You can find her work on various websites and publications.\*\*\*



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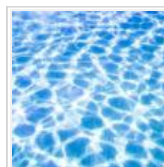
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