

## CAR SURVIVAL KIT



- Always maintain at least ½ tank of gas
- Tools needed to change flat tire
- Jumper cable
- Road emergency flares
- Tow rope (optional)
- Fire extinguisher (Standard Class ABC)
- Siphoning hose (optional)
- Bag of sand or rock salt (optional)
- Collapsible shovel
- First Aid Kit & First Aid Guide Information (basic)
  - Band aids and gauze, non-adherent sterile pads (various sizes)
  - First aid tape
  - Anti-bacterial ointment (Neosporin, Bacitracin, etc.)
  - Burn cream
  - Scissors, tweezers, pocket knife, razor blade, etc.
  - Large cloth square for a sling or tourniquet
  - Aspirin, on-aspirin pain relievers, ibuprofen
  - Chemical ice pack, hand warmer packets
  - Safety pins (various sizes), needles and heavy thread
  - Matches (water proof)
  - Eye wash
  - Hand wipes (antiseptic), cotton balls, cotton pads
  - Alcohol swabs, iodine (bottle or pads)
- Flashlight with extra batteries. Suggest 2 for 1 as a back-up
- Coat(s) or jacket(s)
- Emergency (Mylar) blankets are great to keep warm
- Water: clear liter bottles (filled ¾ full to allow freeze expansion). Rotate water every six (6) months. Place in a box to keep from flopping around during vehicle movement.
- Rubber disposable gloves
- Whistle with lanyard to hang around neck
- Additional car kit supplies:
  - Sanitation (toilet tissues)
  - Freeze-dried or non-perishable canned foods and a can opener (optional)
  - Writing pad and pencils, maps
  - Ice scraper for winter season

**Maintain your vehicle(s) for seasonal change (Summer and Winter)**

**ALWAYS BUCKLE UP AND DRIVE SAFE!**

**\*FREEWAY/HIGHWAY INFORMATION:**

**TUNE RADIO TO KSL AM 1160**

## OFFICE EMERGENCY KIT

Keep a backpack, tote bag, small box or suitcase on wheels underneath your desk for any emergency use.

- First Aid Kit and First Aid Guide Information (basic)
  - Band aids and gauze, non-adherent sterile pads (various sizes)
  - First aid tape
  - Anti-bacterial ointment (Neosporin, Bacitracin, etc.)
  - Burn cream
  - Scissors, tweezers, pocket knife, razor blade, tec.
  - Large cloth square for a sling or tourniquet
  - Aspirin, non-aspirin pain relievers, ibuprofen
  - Chemical ice pack, hand warmer packets
  - Safety pins (various sizes), needles and heavy thread
  - Matches (water proof)
  - Eye wash
  - Hand wipes (antiseptic), cotton balls, cotton pads
  - Alcohol swabs, iodine (bottle or pads)
- Flashlight with extra batteries. Suggest 2 for 1 as a back-up
- Coat(s) or jacket(s)
- Change of clothes, socks, shoes (woman's flat shoes), undergarments, etc.
- Blanket, flat sheet, throw pillow or a single sleeping bag
- Emergency (Mylar) blankets are great to keep warm
- Trial size hand and body lotions, soaps, shampoo/conditioner, etc.
- Trial size toothbrush, toothpaste, mouthwash, toothpicks, etc.
- Towel, wash cloth
- Freeze-dried or nonperishable canned foods and a can opener (optional)
- Sweet hard candy
- Water: clear liter bottles (rotate water every six months) or water pouches
- Whistle with lanyard to hang around neck
- In case of an emergency, have a list of family names, home and business telephone numbers

**Create your office kit with items you require.**

**Due to a major disaster, you may be stranded at your place of business for several days.**

**Plan for at least 72 hours.**

**(Carry extra prescription medication in your purse or car kit)**



## BASIC + FIRST AID KIT +

- First aid Manual or Guide
- Band-Aids (various sizes)
- Gauze (Various sizes)
- Triangular bandages
- Elastic bandages with pins
- Cotton balls or cotton square pads
- Disposable diapers (dressing/splint/padding)
- Sanitary napkins (pressure dressing)
- Non-adherent sterile pads (various sizes)
- First aid tape or micropore adhesive or paper tape
- Anti-bacterial ointment (Neosporin, Bacitracin, etc.)
- Burn cream
- Eye wash
- Iodine pads or plastic bottle
- Petroleum jelly
- Rubbing alcohol swabs or plastic bottle
- Hand soaps
- Salt
- Hand wipes (antiseptic)
- Rubber disposable gloves
- Small splints, popsicle sticks
- Aspirin, non-aspirin pain relievers, Ibuprofen, essential medications
- Laxatives or diarrhea medicine
- Syrup of Ipecac
- Baking soda (1/2 tsp. Soda + 1 tsp. Salt + 1 qt. water for shock)
- Chemical ice pack, hand warmer packets
- Safety pins (various sizes), needles and heavy thread
- Scissors, tweezers, pocket knife, razor blade, etc.
- Thermometer
- Matches (water proof/wind proof)
- Water pouches (optional)

### LEARN HOW TO:

- Stop severe bleeding
- Secure broken or fractured bones
- Protect burns
- Cover deep wounds
- How to give CPR

***Temporary procedures can help the severely injured and possibly save a LIFE!***