



Parenting Checklists

Car Emergency Kit

- Battery-powered radio and extra batteries
- Plastic flashlight and extra batteries (reverse batteries when not in use to prevent accidental burnout; replace yearly)
- Blankets or sleeping bags
- Booster (jumper) cables
- Fire extinguisher (5-pound, A-B-C type)
- Bottled water
- Nonperishable, high-energy foods: granola bars, raisins, peanut butter, etc.
- Compass and road maps
- Dry clothing, gloves or mittens, boots
- Telephone card and quarters for phone calls (consider carrying a cell phone)
- Sack of sand or cat litter (for tire traction)
- Tire repair kit, air pump, basic tool kit
- Pencil and paper
- Knife
- Shovel
- Tow rope or chain
- Flares and reflectors
- Metal cup for water
- Rope (tie self to car when leaving vehicle during a storm)
- First-aid kit with essential medications
 - Antibiotic and hydrocortisone ointment, antiseptic wipes, eye drops
 - Oral thermometer (non-mercury, nonglass)
 - First-aid instruction booklet
 - Aspirin, ibuprofen, etc.
 - Tweezers
- Assorted bandages, dressings Adhesive bandage
 - Adhesive cloth tape
 - Sterile gauze
 - Instant cold compresses
 - Roller bandage
 - Absorbant compresses