

# YOUR PREPAREDNESS FACT

*This Week:*

## *Customizing Your Emergency Preparedness Car Kit*

Today's fact isn't about your typical car kit, although I will give you a direct link to refresh your knowledge at the end. Today I want to draw your attention to **how to customize the kit you already have.**

- ✓ Do you have a pair of **old walking/running shoes** that have lost their support for what they were intended for, but are still wearable? I usually use those as my "yard work" shoes, but you can also add them to your car kit. In the event you have car trouble, a flat tire, or have to walk to get help, you may need that old pair of shoes to help you get through your "emergency".



- ✓ What about those old pair of **eye glasses** you tuck away in your nightstand after your new pair arrives. A better use for them would be an emergency kit; car or household. Even if you don't have a car accident that ruins your pair, you may be away on vacation and something should happen, like you lay your glasses down and someone sits on them, or lays something on top of them and they break. Been there, done that! If you wear contacts, put an extra pair in your kit. Make sure you have the solutions you need too!



- ✓ Are you on a schedule for certain **medications**, or maybe you have to carry something for allergic reactions? You may want to keep at least three days' worth of dosages in your kit; checking and rotating on a regular basis.



- ✓ Do you have the **contact numbers** for family members out of state as well as in your area readily available? You can pick up one of those little address books about the size of your hand, and enter your family and friends that you would plan to contact should you need help. I would also enter any physicians, pharmacies, work and neighbors' contact information as well.



- ✓ **First aid kits** may also be personalized with items that are not only your favorite over-the-counter aids, but ones that you know you won't have a reaction to. Maybe one brand of over-the-counter medication for pain/headache works better for you than another, and you want to make sure you have packed it.



- ✓ **Stash some cash.** As with any type of emergency preparedness, you will want to stash some cash. You just never know.



These are just a few suggestions to get you thinking about how you can best customize your kit. You may have your own items or ideas. If so, I hope you will share with your family and friends.

**CHECKLIST:**

Ten Essential Supplies for your travel survival kit:

[http://www.kingscountyoem.com/CountyKings/Preparedness\\_Fact\\_11152010\\_Holiday\\_Travel.htm](http://www.kingscountyoem.com/CountyKings/Preparedness_Fact_11152010_Holiday_Travel.htm)

## HAPPY TRAILS!



Do YOUR part for Emergency Preparedness....pass on the information!