



# What's in your trunk?



Public Health  
Prevent. Promote. Protect.

Lincoln County

## Disaster can strike any time, anywhere.

Whether traveling, at the store, or picking up the kids from school, the supplies in your car may be all you have in an emergency. Could your household survive for at least three days if your car and the supplies inside were all that you had?



## What should be in my car emergency kit?

### Build your kit for your needs.

- Update and refresh your kit at least once a year
- Consider including items to meet your special and unique needs (diapers, medications, mobility aids, etc.)

### Tips for safer trips:

- Prepare before you leave:
  - Pack additional supplies
  - Tell someone where you are headed, when you expect to arrive, and when you'll be back
  - Get your car serviced
  - Check the weather and road conditions
- During your trip:
  - Continue to monitor the weather and road conditions
  - Monitor local alerts and warnings
  - Gas up and replace your food and water supplies often



- Food for three days
- Water for three days
- Weather appropriate clothing and shoes
- Printed maps
- Reflective clothing
- Baby wipes and hand sanitizer
- Water filter
- Flashlight or headlamp
- First aid kit
- Whistle
- Blankets or sleeping bags



### Consider your unique needs and include:

- Special medications
- Mobility aids
- Hearing aids, sound amplifiers, back up batteries
- Language tools (pictographs, pocket translators, etc.)
- Diapers
- Sensory support items such as noise cancelling headphones
- Comfort items such as special blankets, toys, or pictures
- Other items to meet your physical, mental, and emotional needs

### More information and resources:

Lincoln County  
Emergency  
Management

Ready.gov

Ready.gov/disability

TripCheck.com

