

Emergency Roadside Kit Checklist

Essential Items for Every Vehicle

☐ Critical Emergency Items

☐ Spare tire (properly inflated)

- Check pressure: ____ PSI (should match recommendation)
- Condition: ☐ Good ☐ Needs replacement
- Location verified: ☐ Yes

☐ Jack (rated for your vehicle weight)

- Type: ☐ Scissor ☐ Hydraulic ☐ Other
- Tested: ☐ Yes ☐ No
- Know how to use: ☐ Yes ☐ Need to learn

☐ Lug wrench

- Fits your wheel nuts: ☐ Yes
- Includes breaker bar: ☐ Yes ☐ No

☐ Jumper cables (minimum 12-foot length)

- Length: ____ feet
- Gauge: ☐ 4-gauge (best) ☐ 6-gauge ☐ Other
- OR Portable jump starter: ☐ Yes (preferred)

☐ Flashlight (LED recommended)

- Battery type: ☐ Rechargeable ☐ Regular
 - Extra batteries included: ☐ Yes
 - Works: ☐ Tested today
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☐ Visibility & Warning Devices

☐ Reflective triangles (set of 3)

- Foldable: ☐ Yes
- Reflective on all sides: ☐ Yes
- Stored in carrying case: ☐ Yes

☐ Emergency flares (set of 3-6)

- Type: ☐ Traditional ☐ LED (safer, reusable)
- Expiration date (if traditional): _____
- Know how to use: ☐ Yes

☐ Reflective vest (one per passenger)

- Color: ☐ Bright orange ☐ Yellow
- Meets safety standards: ☐ Yes
- Quantity: ____ vests

☐ Hazard lights (verify car's lights work)

- Tested: ☐ Yes
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☐ **Basic Tools**

☐ **Multi-tool** or Swiss Army knife

- Includes: Knife, pliers, screwdrivers
- Condition: ☐ Good

☐ **Screwdrivers**

- Flathead: ☐ Yes
- Phillips: ☐ Yes

☐ **Pliers**

- Standard: ☐ Yes
- Needle-nose: ☐ Yes (helpful)

☐ **Adjustable wrench**

- Size: _____ inches

☐ **Duct tape**

- Full roll: ☐ Yes

☐ **Zip ties/cable ties** (various sizes)

- Quantity: _____

☐ **Work gloves**

- Clean pair: ☐ Yes

☐ **Tire pressure gauge**

- Type: ☐ Digital ☐ Analog
- Works: ☐ Yes

☐ **Portable air compressor** (highly recommended)

- Plugs into: ☐ 12V outlet ☐ Rechargeable
 - Works: ☐ Tested
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☐ **First Aid Supplies**

☐ **First aid kit** (commercial or DIY)

- Adhesive bandages (various sizes): ☐ Yes
- Sterile gauze pads: ☐ Yes
- Medical tape: ☐ Yes
- Antibiotic ointment: ☐ Yes
- Pain relievers (ibuprofen, acetaminophen): ☐ Yes
- Antihistamine: ☐ Yes
- Tweezers: ☐ Yes
- Scissors: ☐ Yes
- Instant cold pack: ☐ Yes

- Burn gel: ☐ Yes
- Latex gloves: ☐ Yes
- CPR face shield: ☐ Yes
- First aid manual: ☐ Yes

☐ **Personal medications**

- Emergency dose of critical meds: ☐ Yes
 - EpiPen (if needed): ☐ Yes
 - Inhaler (if needed): ☐ Yes
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☐ **Water & Food**

☐ **Drinking water**

- Bottled water (1 gallon per person): ☐ Yes
- Replace every 6 months: Next replacement: _____

☐ **Non-perishable food**

- Granola bars: ☐ Yes
 - Trail mix: ☐ Yes
 - Protein bars: ☐ Yes
 - Check expiration dates: ☐ Done
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☐ **Weather & Comfort**

☐ **Blanket** (emergency/space blanket)

- Type: ☐ Thermal/mylar ☐ Regular
- One per passenger: ☐ Yes

☐ **Rain poncho** (one per passenger)

- Quantity: _____

☐ **Extra clothing** (seasonal)

- Warm jacket: ☐ Yes (winter)
- Hat: ☐ Yes
- Gloves: ☐ Yes (winter)
- Change of socks: ☐ Yes

☐ **Hand warmers** (winter)

- Quantity: _____ pairs
 - Expiration: _____
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☐ **Communication & Information**

☐ **Fully charged phone**

- Car charger: ☐ Yes
- Portable battery pack: ☐ Yes (fully charged)
- Phone charged: ☐ Yes

☐ **Emergency contact list** (written)

- Roadside assistance number: _____
- Insurance company: _____
- Emergency contacts: _____
- Stored in: ☐ Glove box ☐ Phone

☐ **Pen and paper/notebook**

- For: Accident details, insurance info exchange

☐ **Local maps** (backup navigation)

- Physical maps of area: ☐ Yes
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☐ **Fire Safety**

☐ **Fire extinguisher** (rated for car fires)

- Type: ☐ ABC rated (best for vehicles)
 - Size: Minimum 2.5 lbs
 - Pressure gauge: ☐ In green zone
 - Inspection date: _____
 - Mounted securely: ☐ Yes
 - Know how to use: ☐ Yes
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☐ **Vehicle-Specific Items**

☐ **Owner's manual**

- Location: ☐ Glove box

☐ **Spare fuses**

- Match your vehicle's fuses: ☐ Yes

☐ **Spare bulbs** (headlights, taillights)

- Match your vehicle: ☐ Yes

☐ **Engine oil** (1 quart)

- Correct type for your vehicle: ☐ Yes

☐ **Coolant** (premixed)

- 1 gallon: ☐ Yes

☐ **Windshield washer fluid**

- Type: ☐ All-season ☐ Winter ☐ Bug remover

☐ **Funnel**

- For adding fluids: ☐ Yes
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☐ **Advanced/Optional Items**

☐ **Tow strap or chain**

- Rated capacity: _____ lbs
- Length: _____ feet

☐ **Battery terminal brush**

- For cleaning corrosion: ☐ Yes

☐ **Tire plug kit** (temporary tire repair)

- Includes plugs and reamer: ☐ Yes

☐ **Siphon pump**

- For gas emergencies: ☐ Yes

☐ **Shovel** (collapsible)

- For snow or mud: ☐ Yes

☐ **Sand or kitty litter**

- For traction on ice: ☐ Yes (winter)

☐ **Bungee cords** (various sizes)

- Quantity: _____

☐ **Knife/box cutter**

- For seatbelt cutting: ☐ Yes

☐ **Window breaker/seatbelt cutter tool**

- Emergency escape tool: ☐ Yes
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☐ **Miscellaneous Essentials**

☐ **Latex or nitrile gloves**

- For: Changing tire, checking fluids, first aid
- Quantity: _____ pairs

☐ **Paper towels** (roll)

- For: Cleanups, checking fluids

☐ **Wet wipes**

- For: Hand cleaning

☐ **Trash bags** (heavy duty)

- For: Waste, storing wet/dirty items
- Quantity: _____

☐ **Plastic tarp or drop cloth**

- For: Working on ground, covering items

☐ **Sunscreen**

- SPF 30+: ☐ Yes

☐ **Insect repellent**

- Type: ☐ Spray ☐ Wipes

☐ **Whistle**

- For: Signaling for help

☐ **Radio** (battery or hand-crank)

- With NOAA weather channels: ☐ Yes (ideal)
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☐ **Important Documents (copies)**

☐ **Vehicle registration**

- Copy in kit: ☐ Yes

☐ **Insurance card**

- Copy in kit: ☐ Yes

☐ **Emergency contact information**

- Written list: ☐ Yes

☐ **Medical information**

- Allergies, conditions, medications: ☐ Yes
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☐ **Kit Organization**

☐ **Storage container**

- Type: ☐ Plastic bin ☐ Duffel bag ☐ Backpack
- Waterproof or water-resistant: ☐ Yes
- Easily accessible in vehicle: ☐ Yes
- Location in car: _____

☐ **Items organized and labeled**

- Easy to find in emergency: ☐ Yes

☐ **Regular maintenance schedule**

- Check kit every: ☐ 3 months ☐ 6 months
 - Next check date: _____
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☐ **Maintenance Checklist**

Check every 6 months:

☐ Replace water (expired or old) ☐ Check food expiration dates ☐ Test flashlight batteries ☐ Check flare expiration dates ☐ Verify spare tire pressure ☐ Test portable jump starter charge ☐ Inspect first aid supplies ☐ Update any medications ☐ Check fire extinguisher pressure ☐ Replace worn gloves or clothing

Next maintenance date: _____

☐ Vehicle-Specific Notes

Make/Model: _____ Year: _____ Tire Size: _____ Spare Tire Type:

☐ Full-size ☐ Compact ☐ Run-flat ☐ Tire repair kit only

Special tools needed for your vehicle:

Owner's manual location: _____

☐ Emergency Contact Numbers

Roadside Assistance: _____ Insurance Company: _____

Emergency Contact 1: _____ Emergency Contact 2: _____

Mechanic/Dealer: _____

☐ Usage Tips

Using Your Kit:

1. Stay calm
2. Turn on hazard lights immediately
3. Move vehicle to safe location if possible
4. Set up warning triangles/flares 100+ feet behind vehicle
5. Stay in vehicle if on busy road (safer inside)
6. Call for help
7. Only exit vehicle when safe to do so

Where to Store:

- Trunk: Main kit
- Under seat: Flashlight, first aid, triangles (quick access)
- Glove box: Documents, contact numbers

Winter Additions:

- Extra blankets
- Ice scraper
- Snow brush
- Sand/kitty litter
- Extra warm clothing
- Hand warmers

Summer Additions:

- Extra water
 - Sunscreen
 - Hat
 - Umbrella (shade)
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☐ **Final Verification**

☐ All critical items present ☐ Kit easily accessible in vehicle ☐ Family knows where kit is located ☐
Everyone knows basic tire changing ☐ Everyone knows how to call for help ☐ Phone numbers
programmed in phone ☐ Kit inspected and ready

Notes:

Remember: This kit is for emergencies. Regular vehicle maintenance prevents most roadside issues!

Download more travel resources at: ExitsExplorer.com/resources

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