



# Cape May County RACES/ARES

Emergency Management Communication Center  
Yorktown Rd.  
Rio Grande, NJ 08242



## Vehicle Emergency Supply Kit

In case you are stranded, keep a kit of emergency supplies in your car. This kit should include:

1. Jumper cables
2. Flashlights and extra batteries
3. First aid kit and necessary medications in case you are away from home for a prolonged time
4. Food items containing protein such as nuts and energy bars; canned fruit and a portable can opener
5. Water for each person and pet in your car
6. AM/FM radio to listen to traffic reports and emergency messages
7. Cat litter or sand for better tire traction
8. Shovel
9. Ice scraper
10. Warm clothes, gloves, hat, sturdy boots, jacket and an extra change of clothes
11. Blankets or sleeping bags

Also consider:

1. A fully-charged cell phone and phone charger
2. Flares or reflective triangle
3. Baby formula and diapers if you have a small child
4. Prescriptions if you have a medical condition

Be prepared for an emergency by keeping your gas tank full and if you find yourself stranded, be safe and stay in your car, put on your flashers, call for help and wait until it arrives.

If your vehicle exhaust becomes covered with snow or other material, deadly exhaust gasses could get into the vehicle. It is best to turn off the engine and bundle up if cold.