

How to Survive Being Stranded In Winter (With Stuff You Already Have)

❑ *1. First Aid Kit*

A gallon-sized freezer bag filled with the basics is fine. Also consider **prescription medications, diapers and wipes for babies and toddlers, feminine hygiene products** (which can also be used for first aid in a pinch), **tissues, travel-sized toothpaste and tooth brush, and contact lens solution**. A deck of cards doesn't take up much space and helps pass the time.

❑ *2. Lights, Flares and Reflective Tape*

Flares and a flashlight are a must. Also include a **high-visibility vest** which you can get from a hardware store for \$5. **Reflective tape** can be used to make a vest or **caution triangles** to set out around your car.

❑ *3. Clothes and Blankets*

Consider pulling from the **box of clothes or blankets you were going to donate**. Make sure to bring enough for everyone. Beyond basic blankets, consider carrying a **space blanket** or **emergency blanket**. Those are the reflective blankets that reflect the body's heat back onto the person using it. You can get packs of space blankets for under \$10.

❑ *4. Hand and Foot Warmers*

You can get a **box of 40 disposable ones** for about \$20.

❑ *5. Water*

Keeping water in your car is a must. **Single-serve packets of powdered sports drink** aren't a bad idea, either. Store some water in your glove compartment to help keep it from freezing.

❑ *6. Food*

Choose food that's nonperishable, calorically dense and not likely to freeze solid. **Granola, nuts, jerky, fruit snacks, fruit leather and dried fruit** are all good options. You can also get **single-serve packets of protein powder** to mix with water as well. You can buy **military grade MRE's** for around \$12 per meal. MREs are designed to last pretty much forever and endure extreme conditions.

❑ *7. Batteries and Chargers*

Keep a **cell phone charger** and a **quick-charging USB battery pack** in the car (or replacement phone battery, if available). Don't forget **spare batteries** for your flashlight, either. Also consider a **hand-turbine charger** — which can recharge a phone, radio, or flashlight as you turn a crank.

❑ *8. A Shovel, Brush and Scraper*

You can buy a **collapsible shovel** or include a **long-handled spade** you already own and use in your garden. If the handle on your shovel is too long to fit in your trunk, consider borrowing your child's toy version (if it's sturdy).