

## **Car Emergency Box Supplies**

Suggested by the Red Cross

### **Blanket or Sleeping Bag**

### **Clothes/Shoes**

**Sturdy shoes or work boots**

**Long sleeved shirt and pants**

### **Water**

**At least one gallon per person stored in plastic containers such as soft drink bottles.**

### **Food**

**Enough non-perishable food to sustain you for at least one day, (three meals) such as: ready to eat canned meals, meats, fruits and vegetables, canned juice, high-energy foods (granola bars, etc.)**

### **First Aid Supplies**

**General first aid supplies are kept on site.**

**For your personal use:**

**Sterile dressing, gauze bandages, triangular bandage, cohesive bandage, germicidal hand wipes, antiseptic wipes, cold pack and CPR breathing barrier.**

### **Supplies**

**Toothbrush and paste, comb, feminine supplies, plastic garbage bags (for personal sanitation), extra pair of glasses, can opener**

### **Personal Medication**

**Including non-prescription medications that you take for pain, stomach remedies and allergies. If you take prescription medication, keep at least three day supply of these medications with you. Check with pharmacist about storage.**

### **Quarters/Cash**

**For more information:**

**<http://www.redcross.org/services/disater/beprepared>**