



Car Emergency Kit Checklist

Pack a Car Emergency Kit before you set out, you never know when you might need it

Recommended items to include:

	Tick
Ice scraper and de-icer	
Torch and spare batteries	
Warm clothes and a blanket	
Boots	
First aid kit	
Jump leads	
Mobile phone charger	
Food and a warm drink in a vacuum flask	
A shovel	
Road atlas	
Sunglasses (the glare off snow can be dazzling)	
Personal medication	