Things you should keep in your car at all times.



When you live in the Northeast, you have to be prepared for anything, especially when you're on the road. A health issue, an automotive mechanical problem, or a sudden weather emergency can derail any road trip, whether you're driving across town or across the country.

To keep your trip on track, here are some things you should always keep in your car.

COMMUNICATION

It's important to stay connected so you can call out if you need help. Communication is critical if you are stranded.

- Cell phone and charging cords
- Hand-crank radio
- Notepad and marker

HEALTH

Always keep safety and well-being in mind for both you and your passengers. Your adventures could lead to minor cuts and injuries, falls, insect bites, or accidents, so be prepared for any emergency.

- First aid kit: Sanitizer, bandages, gauze, tape, antibiotic ointment, nonlatex gloves, scissors, thermometer, and tweezers
- Aspirin, acetaminophen, hydrocortisone

- Cold compress
- Sunscreen
- Bug and tick spray
- Emergency thermal blanket
- Rags, paper towels, or wipes

FOOD AND DRINK

What if you were stranded on the side of the road for hours? Or you had to walk for miles to get help? Keep these extra supplies on hand, just in case:

- Drinking water
- Water purification tablets or LifeStraw
- Protein and granola bars, nuts, jerky, and snacks for pets

CLOTHING & ACCESSORIES

We see all kinds of weather around here, and we know how it can change minute to minute. Stock your vehicle to be prepared for all types of weather. You'll be glad you did.

- Rain poncho and umbrella
- Warm clothing
- Handwarmers
- Extra sunglasses
- Reflective vest
- Pouch or coin purse with cash and change

TOOLS AND EQUIPMENT

Vehicle breakdowns and glitches happen — tires run over nails, batteries die, and wheels get stuck. Here are some helpful tools to have on hand in an emergency. Some could be lifesavers.

- Flashlight with extra fresh batteries
- A spare tire, wheel wrench, and tripod jack
- Tire pressure gauge
- Jumper cables
- Ice scraper/snow brush
- Traction aid, such as sand, rock salt, or non-clumping cat litter
- Windshield washer fluid
- A multipurpose utility tool or toolbox
- Window breaker and seatbelt cutter
- Duct tape
- Road flares or reflectors
- Shovel
- Tire chains or cable
- Lighter, matches in waterproof case

- Compass

DOCUMENTS

Lastly, make sure you always have these important documents in your vehicle:

- Registration and insurance cards
- Car manual
- Roadside assistance card
- Emergency contacts
- Maps

And, of course, you're never fully prepared for the road without a good auto insurance policy.

It takes time to stock your vehicle with the right emergency gear. But when you do need one of these things, you'll be thankful that you prepared so well. Whether you're driving for work, a getaway, or family fun, enjoy your travels. Be safe out there!

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