

10 Must-Haves for an Emergency Kit Carol D'Annunzio (Simple Catholic Living)

We all know the importance of having an emergency kit; but, how many of us have actually taken the time to put one together? Ideally, we should have two: one for our homes and one for our car(s). Emergencies happen when we least expect it. Or, when we are least prepared.

With the holiday season fast approaching, many of us will be traveling by car (often long distances) to our festive gatherings. Lots of accidents and break-downs happen during the holiday season, so if you don't have an emergency kit in your car, now may be a good time to think about getting one together.

Here's a list of the most common (and important) things to keep in your emergency kit:

1. **Water.** We personally keep three cases in our car at all times, but a couple of gallons or cases of bottled water should be enough.
2. **Food.** Non-perishable foods, such as pretzels or granola bars, would be best; although throwing a few pieces of fruit in the car as you are leaving would be a good idea, too.
3. **Blankets.** If you break down and have to wait a while (or longer) for a service truck, having a few extra blankets will come in handy.
4. **Medical supplies.** You should have extra prescription medications, Acetaminophen, a first-aid kit and personal medical supplies (such as diabetes equipment, etc.) as part of your emergency kit.
5. **Extra clothes.** Obviously, if you are traveling by car you have a suitcase (or several!) full of clothes already with you. However, It's a good idea to keep an extra outfit for each person in the car at all times. You never know when you'll be glad you did!
6. **Flash light and extra-batteries.** Enough said here; except, if you have a child like my son (who likes to take the flashlight – or anything else for that matter! – apart), you might want to keep the flashlight out of reach of your little one!

7. **Road flares.** They aren't that expensive and can help prevent an accident if you breakdown at night.

8. **GPS Tracking System or Maps.** A lot of cell phones have built-in GPS tracking systems now-a-days, and if yours does, you are all set. If not, you may want to invest in one. Or, get a local map(s) of the areas you will be traveling in.

9. **Whistle.** Okay, I am be a bit paranoid; but, there are some not-so-nice people out there, so yeah, I keep a whistle with me. Yelling "help" or even "fire" might not get attention, but a whistle sure will! (My late great-Aunt once saved herself from being attached once by blowing a whistle into the ear of the attacker! I've never forgotten that!)

10. **Extra kids stuff.** Again, if you are traveling with kids you have what you need already; but, it would be good to keep an extra bag of things you need for little ones in the car at all times. And don't forget to keep a [personalized child's traveling bag](#) within reach, too! (We certainly want to keep our little ones [happy while traveling!](#))

About Carol



Like many of us, Carol is a jack of all trades: wife, homeschooling mother, homemaker, and most importantly, a child of God. She is featured on [Ezinearticles.com](#), a contributor to [The Catholic Bloggers Network](#), and blogs at [Simple Catholic Living](#) where you will find encouragement and resources for living out your womanly Christian vocation.

Let's Connect!

I'd love to hear from you. If you have any questions, comments or (constructive!) criticism please feel free to contact me at carol@simplecatholicliving.com.

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Don't forget to friend / follow me on the following social media sites. I will do my best to follow you back as soon as possible!

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