

Disaster Preparedness Checklist for Vehicles

When travelling in the UK, it's essential to be prepared for unexpected situations, such as severe weather, breakdowns, accidents or even just being stranded whilst the emergency services deal with an incident.

Having a well-stocked vehicle emergency kit can provide peace of mind and ensure safety during such events.

Here's a comprehensive checklist of items everyone should keep in their vehicle:

Essential Safety Items

- **First Aid Kit:** Include bandages, antiseptic wipes, adhesive tape, scissors, pain relievers, and any personal medications.
- **High-Visibility Vest:** Ensure you have enough for each passenger, making you visible to other drivers in low-light conditions.
- **Warning Triangle:** Use it to alert other drivers if your vehicle is stationary on a road.
- **LED Road Flare:** Attach to your vehicle via magnet and display bright red flashing patterns to alert other road users of your presence. Disposable battery type and USB rechargeable are available.
- **Torch/Headlamp:** Headlamp is more versatile as it enables handsfree illumination. Plus spare batteries. (Lithium batteries whilst more

expensive are better for cold temperatures and are more resistant to leakage.)

- **Fire Extinguisher:** A compact, vehicle-specific fire extinguisher can be crucial in case of a small fire.
- **Res-Q-Me Tool:** A dedicated window punch for side windows (non laminated) and combined seat belt cutter.

Tools and Repairs

- **Spare Wheel:** Ensure it's in good condition and properly inflated. Make sure you have the appropriate key/socket to remove any locking wheel nuts.
- **Jack and Wheel Brace:** Necessary for changing a wheel.
- **Tyre Repair Kit:** Essential for minor punctures if your vehicle doesn't carry a spare. Check it's use by date and make a calendar reminder 60 days before it expires.
- **Electric Compressor:** Used to inflate tyres.
- **Jump Cables:** Essential for a dead battery.
- **Jump Start Power Bank:** Negates having to find another vehicle to jump start from.
- **Basic Tool Kit:** Include Bit driver with an assortment of screwdriver bits including Torx and Hex. Pliers, and an adjustable spanner, Gorilla tape, insulation tape and cable ties (various sizes).
- **Emergency Light Bulb Kit:** Check what type of bulb fits your vehicle requires.
- **Spare Fuses:** Check the type/size your vehicle requires.

Communication and Navigation

- **Mobile Phone Charger:** Keep a car-compatible charger for emergencies. Don't forget a USB lead.
- **Portable Power Bank:** Useful when your vehicle's power is inaccessible, IE. Flat battery. Don't forget a USB lead.
- **Paper Maps:** In case digital navigation tools fail, have a road Atlas available.

Weather and Clothing

- **Warm Blanket:** Wool or fleece, one for the rear seat and one for the front seats.
- **Extra Clothing:** Include gloves, hats, insulative layers and waterproof items.
- **Sit Pad:** Dedicated sit pad or cut down sleep pad. Protects the knees when changing wheels and protects occupants if they are waiting outside the vehicle if broken down on a motorway.

Food and Water

- **Bottled Water:** Keep several bottles primarily for hydration. Can be used as coolant or screenwash in an emergency.
- **Non-Perishable Snacks:** High-energy items like granola bars or nuts. Check frequently.

Miscellaneous Items

- **Notebook and Pen:** Useful for noting down details in case of an accident.
- **Cash and Coins:** Helpful for situations where cards are not accepted.
- **Multi-Tool:** (UK legal) - Versatile and compact, useful for various tasks.
- **Roadside Breakdown Cover:** For peace of mind driving.
- **Travel John:** A unisex device that enables occupants to urinate within a vehicle. The liquid becomes a solid and prevents spillage and smell.
- **Wet Wipes:** Essential for cleaning up.

Seasonal Additions

- **Ice Scraper and De-icer:** Crucial during the winter months.
- **Sunglasses:** To reduce glare during sunny days.
- **Umbrella:** For protection against rain.

By keeping these items in your vehicle, you can be better prepared for emergencies and ensure the safety and well-being of all passengers.

Remember to check and update your supplies regularly, especially before long journeys. Safe travels!