

Printable Winter Car Emergency Kit Checklist

Use this as a one-page packing list and a quick audit sheet. Keep a printed copy in the glove box.

60-second Grab Bag (keep in cabin)	Trunk Crate (main kit)	Seasonal Add-On (swap in/out)
■ High-vis vest (cabin)	■ Insulated blanket + foil blanket	■ De-icer spray
■ Headlamp/flashlight (hands-free preferred)	■ Underlayer insulation (foam pad or thick wool/moving blanket)	■ Extra base layer + socks (compression bag)
■ Phone cable + 12V charger	■ Compact shovel (rigid blade)	■ Chains/snow socks (if used) + installation gloves
■ Power bank (charged)	■ Traction mats OR sand/non-clumping cat litter	■ Winter washer fluid top-up
■ Warm hat + insulated gloves	■ 3 reflective triangles	■ Small towel/microfiber cloths
■ 2–4 hand warmers	■ First aid kit + personal meds (insulated pouch if needed)	
■ Whistle	■ Water (small bottles) + freeze-friendly snacks	
■ 1–2 high-calorie snacks	■ Jump starter OR jumper cables	
	■ Tire gauge + portable inflator	
	■ Tool roll: multi-tool, duct tape, zip ties, nitrile gloves	

Monthly 3-minute audit

- Light: headlamp turns on instantly; spare batteries/charge OK
- Power: power bank charged; car charger + cable present
- Food/water: nothing expired, crushed, leaked, or frozen solid
- Warmth: gloves/hat dry; blankets dry; warmers sealed/in date
- Medical: meds still usable; contact list current

Stranded quick steps (keep calm)

- 1) Hazards on; put on high-vis vest; headlamp on.
- 2) If safe, place reflective triangles; stay with the vehicle.
- 3) Keep tailpipe clear of snow before running the engine for heat.
- 4) Use insulation under you + blankets; use warmers for hands/core.
- 5) Text location to a contact; conserve phone battery.

Safety note: Running an engine in snow can create carbon monoxide risk if exhaust is obstructed. Always keep the tailpipe clear.

Winter Kit Layout Map + Readiness Score

This page helps you pack so the important items are reachable fast.

Layout map (recommended)

- **Driver door pocket:** high-vis vest, small flashlight backup
- **Glove box:** printed checklist, insurance/contacts card, pen
- **Center console:** charging cable, power bank
- **Behind driver seat:** grab bag (hat, gloves, warmers, whistle)
- **Trunk (top layer):** triangles, shovel, traction aids (easy reach)
- **Trunk (bottom):** blankets, food/water, tools

Kit readiness score (6 points)

- I can become visible in 60 seconds (vest + light).
- I can stay warm without relying on long idling (layers + insulation).
- I can attempt traction recovery safely (shovel + traction aid).
- I can communicate for 6–12 hours (power plan).
- I have first aid + meds protected from freezing.
- I can eat/drink for at least 24 hours.

Sources for safety guidance (for your reference)

- NHTSA winter driving tips: emergency supplies list (shovel, sand/kitty litter, jumper cables, warning devices, blankets, food, water, medicine).
- CDC winter weather: preventing hypothermia and frostbite; clear snow from tailpipes to reduce CO risk.
- American Red Cross: car emergency kit guidance (blankets, food, water, warmers).
- U.S. Department of Energy: cold weather can reduce EV efficiency/range; heating loads are a major factor.

Created 2026-01-20.