

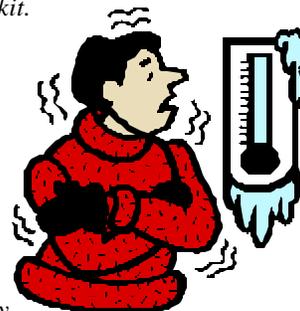


Do you have a Winter Car Kit?

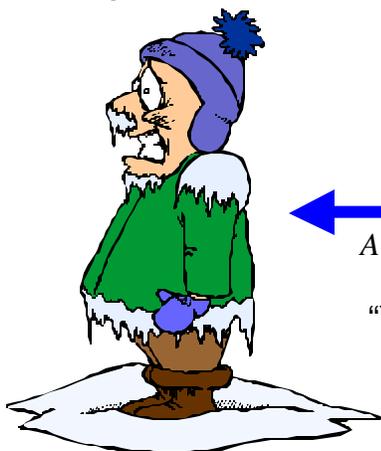
You and your family's survival may Depend on it!

The following list of equipment will help keep you **WARM, VISIBLE**, and most importantly, **ALIVE** if caught by a winter storm or mechanical breakdown while traveling:

- Extra Warm Clothing** – For each occupant. It's especially important to have head cover, heavy gloves or mittens, and warm boots. A lot of body heat is lost through your extremities.
- High Calorie Non-Perishable Food** – Candy, canned nuts, Raisins, etc. are a good source. In addition, if you can heat water, take along a cup, spoon, tea bags, hot chocolate and cup of soups. They are excellent for keeping warm. Don't forget a can opener if taking canned foods.
- Fresh Drinking Water** – Make sure it is protected from freezing and is replaced just before your trip.
- Chemical Heaters** – Know how to use the heater to prevent fire or dangerous fumes. Proper ventilation is essential.
- Matches, Candles, or Solid Fuels** – Use caution so you don't start a fire. Proper ventilation is necessary to prevent oxygen starvation. Let some fresh air into the vehicle. Do not go to sleep with a candle or solid fuel burning.
- First aid kit** – Make sure any special medicines that you or your family members require are included and if you have a first aid manual available, keep it with the kit.
- Transistor Radio** – For weather reports. Include extra batteries
- Blankets or Sleeping Bag** – For each occupant of the vehicle.
- Flashlight or signal light** – Include extra batteries
- Facial or Toilet Tissue**
- Battery Jumper cables**
- Snow chains and a Tow Rope**
- Basic Repair tools and a shovel**
- Sand or Cat litter** – Can be used for traction if you get stuck.
- Axe** – Can be used to cut tree branches to put under tires for traction.
- Signal Flares** – Have instructions available and know how to use them safely
- Cell Phone/Emergency Phone numbers** – Make sure it's fully charged before you leave on your trip and know the emergency numbers for the country you're traveling in.



And finally, before you abandon your vehicle to seek help, remember that your best chance may be to stay in your car. At temperatures below zero degrees, you can suffer from hypothermia or frostbite in minutes. Many people have died seeking help and being exposed to the elements too long.



When traveling, prepare for the worse
and hope nothing bad happens.

If it does, you won't be

“Caught out in the cold”.

A “winter driving” Safety tip from your BSB Safety Office

“YOUR COMMUNITY CONNECTION TO SAFETY”

**233rd
Safety
Gram**