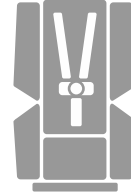


The ladies guide to

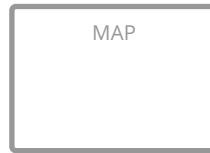
IMPORTANT ITEMS TO

Keep in your Car

stupid car problems



Place a sticker on each child's car seat with emergency contact information. Be sure to include the child's name, birthdate, address, phone number, parent/guardian information, alternative emergency contact info, doctor information and any known allergies



Google Maps isn't always your friend. Keep an up-to-date map in your car at all times.



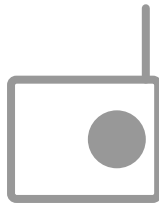
Your insurance info, contact info, emergency contact info, and medical info.



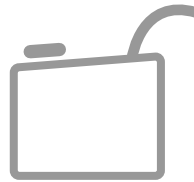
Jumper Cables



Change of Clothes (weather appropriate)



Hand-held Radio



Empty Gas Container



First-Aid Kit



Flashlight



1 Gallon of water



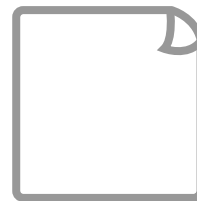
Source of nutrition (Non-Perishable)



Spare phone Charger or Battery



Ice Scraper



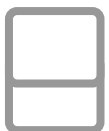
Fleece Blanket



Battery Booster



Tool Kit



Toilet Paper



Multi-tool



Flare



Tire Gauge



Knife



Air Pump



Duct Tape