



# Will you be ready in an emergency

Drivers should have an emergency kit in their vehicle before travelling. Vehicle breakdowns, poor weather, and traffic accidents can create difficult situations. These situations are easier to manage when you are prepared.

Being prepared does not happen overnight. By taking small steps over time, you can be ready for almost anything. Start by building your vehicle emergency kit.

## Here's what to pack

### The basics

- Water
- Non-perishable food with high protein
- Blankets
- Candle in deep can and matches for light and heat
- Extra clothing (weather appropriate)
- Extra shoes or boots
- Seatbelt cutter
- First-aid kit
- Small shovel, scraper and snowbrush
- Warning light or road flares
- Battery-powered or crank flashlights/lamps
- Battery-powered or crank radio
- Phone charger
- Whistle
- Over-the-counter medications and prescriptions
- Hand sanitizer and wipes
- Non-medical masks
- Package of wipes/tissues or toilet paper
- Emergency contact list
- Playing cards, games and books

## Pack your kit for your household, including pets.

### Additional items to consider

- Sand, salt or cat litter (non-clumping)
- Extra leash
- Antifreeze
- Windshield washer fluid
- Jumper cables
- Tow ropes
- Road maps
- Copy of your emergency plan
- Fire extinguisher
- Duct tape

\*Alberta winters can get cold. Pull items out of your kit before temperatures fall below zero to ensure they do not freeze.

## Before you go

Planning your trip can help ensure smooth travel.

- Make sure your vehicle emergency kit is packed.
- Check Alberta 511 for current road conditions.
- Check the Government of Canada's weather alerts to plan for changing weather.
- Travel during daytime hours.
- Use the buddy system; let someone know where you are going and check in with them when you arrive.

## During and emergency

### Lightning

- Avoid sheltering in your vehicle, it does not provide enough safety.
- Pull off the road when it is safe to do so, and park your vehicle away from any tall objects like trees, power lines or anything made of metal that might fall over.
- Take shelter in a low-lying area, such as a ditch, and avoid water.



## Heavy rain

- Avoid roadway underpasses, low-lying areas where water can collect as they can flood quickly.
- Stay away from power lines

## Tornados

- If you spot a tornado in the distance, you may be able to avoid it by moving at right angles to its path. Otherwise, seek sturdy shelter as soon as possible.
- Never try to outrun a nearby tornado.
- If the tornado is close, get out of your vehicle and take cover in a low-lying area, such as a ditch, but beware of flooding.
- Do not take shelter under an overpass or a bridge. Winds can pick up speed and create a wind tunnel, which can be very dangerous due to flying debris.

## Hail

- If shelter is not available, pull off the road when it is safe to do so and stay in your vehicle.
- Keep your face turned away from the windows.

## Blizzards and winter storms

- Avoid driving if possible and wait several hours after the storm ends before heading out onto the roads.
- If you are stuck in your vehicle, remain calm, stay inside and call for help.
- Occasionally run the engine to stay warm, but beware of exhaust fumes. Make sure the exhaust pipe is not blocked with snow.
- Allow fresh air in by opening the window slightly on the sheltered side of the vehicle away from the wind.