



Tips for Family Caregivers

Winter Survival in Your Car

Family caregivers often find themselves out running errands or bringing supplies to their loved ones in the worst of weather. Planning ahead can offset potentially hazardous winter travel problems.

- General vehicle maintenance is very important. Be sure to have service checks as often as the manufacturer recommends, including your radiator system and tires.
- Use antifreeze and windshield wiper fluids appropriate for extreme winter temperatures.
- Keep the gas tank near full to help avoid ice in the tank and fuel lines.
- Inform family members/friends of planned travel routes and estimated arrival time at your destination. Maintain an emergency roadside assistance plan.

Keep the following items in your vehicle in the event of an emergency.

- Blankets
- Extra winter gloves, hat and scarf
- First aid kit and instruction manual.
- Cellular phone
- A can and waterproof matches (to melt snow for water)
- Windshield scraper and brush
- Booster cables
- Canned compressed air with sealant (for emergency tire repair)
- GPS, road maps, compass
- Tool kit
- Bag of sand or cat litter (to pour on ice or snow for added traction)
- Collapsible shovel
- High-calorie canned or dried foods (can opener if needed)
- Flashlight and extra batteries
- Brightly colored cloth (to alert others of emergency)

This information was adapted from the CDC: National Center for Environmental Health



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