

Glenn's Five Additional Things to Add to your First Aid Kit in Your Car!



Fire Extinguisher: Not nearly enough people carry fire extinguishers in their cars! This one is admittedly more expensive than most 'standard' fire extinguishers, but it is very small, has much more actual firefighting capacity, and can easily be stored in vehicles even in hot summers.

<https://elementfire.com/>



Res-Q me tool: A cheap, simple tool to slice through seatbelts or break a car window in an emergency. Super small, and great capability for vehicles. I like this better than the 'rescue hammer' style tools.

Amazon: <https://a.co/d/isz8E3W>



LED Emergency Lights (i.e. the new road flares): There are several brands of these exact same lights on Amazon, some are USB rechargeable, some use batteries. The 3-packs are cheap, and a good thing to have on hand, as long as either the batteries or the charge is checked every 3 months or so.

Amazon: <https://a.co/d/0lZq3c3>



Leather Gloves: Some sort of leather work gloves. Amazon, Lowe's Home Depot, or any good hardware store.

Flashlight: LEDs. No bulbs. Battery and LED technology is crazy good these days. As far as lights go, 'one is none, and two is one' as the old saying goes. The key here is quality manufacturer – you can buy the 10-pack of LED flashlights from Costco in the blister pack from some mystery company and be just fine around the house, but I would not want to rely on them in your emergency kit. Having at least one headlamp is incredibly handy. You can get them from \$29-\$129.

- Streamlight (Greatest spectrum of quality lights)
- Surefire (generally \$100 plus, but great LE lights)
- Maglite (entry-level, but the AA ones are great in LEDs)

One last note: Do NOT buy first aid kits (especially tourniquets) from Amazon.

Buy direct from reputable manufacturers such as North American Rescue, Chinook Medical, or Blaze Defense.)

Counterfeit tourniquets are actually a thing and will break when you need them!