

# Vehicle Emergency Kit Checklist

Winter + roadside essentials (Alberta edition)

## Winter survival essentials (critical in Alberta)

- |   |   |
|---|---|
| <input type="checkbox"/> Insulated blanket (wool preferred) | <input type="checkbox"/> Traction aids (sand, cat litter, or traction mats) |
| <input type="checkbox"/> Extra toque, mitts, warm socks     | <input type="checkbox"/> Ice scraper and snow brush                         |
| <input type="checkbox"/> Hand and foot warmers              | <input type="checkbox"/> Windshield washer fluid (winter-rated)             |
| <input type="checkbox"/> Winter-rated sleeping bag          | <input type="checkbox"/> Booster cables or portable battery booster         |
| <input type="checkbox"/> Extra winter boots                 | <input type="checkbox"/> Tow strap  |
| <input type="checkbox"/> High-visibility vest               | <input type="checkbox"/> Tire pressure gauge                                |
| <input type="checkbox"/> Snow shovel (compact or folding)   | <input type="checkbox"/> Spare tire (inflated) + jack + lug wrench          |

## Roadside safety

- Road flares or reflective triangles
- Flashlight (with extra batteries or rechargeable)
- Multi-tool or basic tool kit
- Duct tape
- Emergency whistle
- Printed emergency contacts list
- Paper road map (cell coverage gaps are common in rural Alberta)
- Vehicle registration and insurance copy

## Health and sustenance

- First aid kit
- Prescription medications (if travelling long distance)
- Non-perishable food (energy bars, nuts)
- Bottled water (store inside vehicle in winter to reduce freezing)
- Thermos (hot liquid for winter travel)

## Communications and power

- Fully charged phone
- Vehicle phone charger
- Portable battery pack
- Weather alerts enabled
- Two-way radio (recommended for remote travel)

## Seasonal add-ons (wildfire smoke and summer heat)

- N95 masks (wildfire smoke)
- Sunglasses
- Extra drinking water
- Sunscreen
- Cooling towel

**Alberta-specific considerations:** Winter wait times on rural highways can exceed 2–4 hours. Extreme cold exposure risk is immediate at  $-30^{\circ}\text{C}$  and below. Cell coverage is inconsistent outside major corridors. In severe conditions, stay with your vehicle unless safe shelter is visible and close.