**Prolonged traffic holdup**

Being well prepared for travelling by car should entail three distinct measures:

* In Car Emergency Kit
* Basic requirements - phone, contact details, water and snacks
* Ad hoc items to suit weather and passengers

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| In Car Emergency Kit | The emergency kit should remain in the car at all times containing:* I litre fuel canister (always refill after use)
* Jumper cables (12-20’)
* Flat tire inflation canister (non-explosive) or spare tire and jack
* Small toolkit
* First aid kit
* Torch and batteries or wind-up torch
* Blanket
* Fold up shovel
* High visibility vest
* High visibility hazard sign

And in winter:* Ice scraper
* Windscreen de-icer spray
* Wellingtons and spare socks
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| Basic requirements should always be stored in the car or taken with you | Mobile phoneInsurance and recovery detailsBottled waterEnergy snacks |
| Ad hoc items | In hot weather: Extra water and sun tan lotion In cold weather: Warm clothing, flask of hot drink, suitable footwareWith children and pets: Suitable provisions and activities |
| If stuck in snow | Put on your hazard lights, keep the engine running and heater on until help arrives. |

**Gridlock**

**Prepared for a journey**

[www.llrprepared.org.uk](http://www.llrprepared.org.uk/)