**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 |
| Basic requirements should always be stored in the car or taken with you | Mobile phone  Insurance and recovery details  Bottled water  Energy snacks |
| Ad hoc items | In hot weather: Extra water and sun tan lotion  In cold weather: Warm clothing, flask of hot drink, suitable footware  With 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/)