



# TRUCK TALK

## WINTER SURVIVAL KIT

### Are You Prepared?

Winter driving presents a myriad of challenges which are not experienced during any other season of the year – sub-freezing temperatures, high winds, and limited visibility due to blowing snow or sleet along with slippery roads. All of these challenges are met with positive results by most drivers most of the time, and for that we thank you! But what happens when a driver becomes involved in an accident during these severe conditions and the driver's vehicle quits functioning? Dead! No lights, no horn and no heat from the heater!

For the purposes of our scenario, we'll be involved in a single vehicle accident in a remote location with little traffic. How prepared are you to weather a storm under these circumstances?

Every driver should prepare for the worst and have a 'survival kit' prepared for circumstances such as this. To some extent, drivers tend to carry a few things with them in case their vehicle is disabled, but winter brings special challenges and special needs.

#### WARM CLOTHING

- Heavy coat, several layers of clothing or a heavy set of coveralls to stay warm
- Waterproof boots and warm socks
- Blankets or a sleeping bag to wrap up in
- Gloves (waterproof are best in these conditions)
- Hat (full coverage and over the ears)

#### FOOD

Our bodies are used to being fed on a regular basis. When this cycle is interrupted, consequences can include weakness, sleepiness and a general lack of energy. There are many different foods found to be useful under these circumstances – but they should always be NON perishable.

- Granola bars – packaged so that they stay fresh and dry
- Dried fruit or nuts
- Jerky
- Bottled water

## TOOLS

All of these items can be used to help alert others of your presence, make minor repairs and hopefully get yourself back on the road.

Basic tools necessary:

- Extra cell phone battery or auxiliary battery
- Flashlights and extra batteries (you should always have a flashlight accessible from the driving position of your vehicle)
- Windshield scraper and de-icer
- Spares: Fuses, bulbs (if your vehicle is equipped with these), flares and jumper cables are all items which should be carried ALL the time
- Tools (to support whatever mechanical ability you have), shovel and Duct tape.
- First Aid kit

Other items that can be carried depending on space available:

- A tarp (to stay dry if you are kneeling or need to slide under the vehicle)
- Chains (if appropriate) and possibly some kitty litter

By having these simple items, you should be able to call for help, stay fed, hydrated and warm for an extended period of time.

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