



PRESS RELEASE

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**Winter Travel - Expect the Unexpected:
Be Prepared with a Winter Vehicle Emergency Kit**

The DC Metropolitan area was hit hard this weekend with a major winter storm. As winter progresses, we're likely to experience more days like this. It's best to stay off the roads until weather conditions improve. However, if that's not a viable option, below is a checklist of items in which to create a Winter Vehicle Emergency Kit:

- A properly inflated spare tire, wheel wrench and a jack.
- Jumper cables.
- Tool kit, rescue tool, and/or a multipurpose utility tool.
- Flashlight and extra batteries.
- Reflective triangles and brightly colored cloth to make your vehicle more visible.
- Compass.
- First aid kit with gauze, tape, bandages, antibiotic ointment, aspirin, a blanket, non-latex gloves, scissors, hydrocortisone, thermometer, tweezers, and instant cold compress
- Nonperishable, high-energy foods, such as unsalted nuts, dried fruits, and hard candy.
- Drinking water.
- Toilet Paper, paper towels, and wet ones.
- Reflective vest in case you need to walk to get help.
- Car charger for your cell phone.
- Fire extinguisher (ABC).
- Duct tape.
- Raincoat/poncho.
- Full change of extra warm clothes (to include undergarments, an outer layer, and gloves).
- Gas Can.
- Cash & Coins.
- Storybooks, coloring books, crayons, and games to keep the little ones occupied.
- Portable plastic potty for kids.

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- 24-hour supply of medications.
 - If you are a diabetic, pack additional insulin, packs of sugar, and long-lasting carbohydrates.
- List of emergency information and contact information for you, your children, and anyone you're traveling with in your glove compartment or place on your seat in case you're unresponsive when emergency rescuers arrive to treat you.
- Contact information for your auto insurance provider and a towing company.
- Blankets, snow brush, shovel, windshield washer fluid, windshield scraper, sand, or non-clumping cat litter for traction.
- If you have a pet in your car with you, pack enough food and water (with a water bowl), a bone, or toys to keep them occupied.

If you're stranded, the best plan is to stay with your vehicle, if possible, until help arrives.

Emergency Box

You don't have to keep all the items in your car year-round; however, you should keep an emergency box in your home where it's easily accessible when hazardous weather is predicted or potentially expected. Be sure to check your emergency supply kits every six months and replace expired items regularly.

For more information, visit the National Safety Council nsc.org and the American Automobile Association aaa.com.