



Vehicle Preparation and Safety Precautions for Winter Weather

Stay in your vehicle

- Disorientation occurs quickly in wind-driven snow and cold.
- Run the motor about ten minutes each hour for heat.
- Open the window a little for fresh air to avoid carbon monoxide poisoning.
- Make sure the exhaust pipe is not blocked.
- Make yourself visible to rescuers.
- Turn on the dome light at night when running engine.
- Tie a colored cloth (preferably red) to your antenna or door.
- Raise the hood indicating trouble after snow stops falling.
- Exercise from time to time, by vigorously moving arms, legs, fingers and toes to keep blood circulating and to keep warm.
- Wear a hat, half your body heat loss can be from the head.
- Cover your mouth to protect your lungs from extreme cold.
- Mittens, snug at the wrist, are better than gloves.
- Loose-fitting, lightweight, warm clothing in several layers is best, trapped air insulates and layers can be removed to avoid perspiration and subsequent chills.
- Outer garments should be tightly woven, water repellent and hooded.
- Safely removing tires and upholstery from your vehicle and lighting them on fire in a cleared area will create smoke to facilitate your being located.

Supplies recommended to be kept in your vehicle in case of emergencies:

- Cell phone; portable charger and extra batteries
- Windshield scraper
- Battery-powered radio, extra batteries
- Flashlights, extra batteries
- Snack food

- Extra hats, coats, mittens, change of clothes
- Blankets
- Chains or rope
- Tire chains
- Spare gas
- Canned compressed air with sealant (emergency tire repair)
- Road salt and sand
- Booster / jumper cables
- Emergency flares
- Bright colored flag; help signs
- Lighter / Matches (waterproof matches and a can to melt snow for water)
- First Aid kit – (Basic First Aid courses are recommended)
- Spare water
- Hi-lift jack
- Spare tire with keys for locking lug nuts
- Spare keys
- Shovel
- Tow strap
- Tool kit
- Duct tape
- Trash bags
- Road maps
- Compass
- Towels, paper towels

These recommendations have been assimilated from the Washington County Sheriff's [Search and Rescue website](#), the Center for Disease Control's [emergency winter weather checklist](#), the U.S. Search and Rescue Task Force's [website on blizzard preparedness](#). The list is suggestive, in no particular order of priority, and should not be presumed to be exhaustive.