

Emergency Supplies for Car

Supply List · 24 items · 5 sections

Everything you need in your car for roadside emergencies, from jump-start cables and first aid to breakdown essentials.

Open the editable, AI-powered version online:

<https://genechecklist.com/checklist/emergency-supplies-for-car>

BREAKDOWN

- Jump-start cables (or portable jump starter pack)

HIGH

Jump starter packs work without a second car

- Tow rope or recovery strap

HIGH

- Warning triangle (x2)

HIGH

Required by law in many countries

- High-visibility vest

HIGH

Keep in the cabin, not the boot

- Torch / flashlight (with spare batteries)

HIGH

- Spare tyre (or tyre repair kit / inflation kit)

HIGH

- Tyre pressure gauge

- Car fire extinguisher

HIGH

Check it is rated for automotive use

- Locking wheel nut key

HIGH

Easy to forget until you have a flat

FIRST AID

- First aid kit

HIGH

- Emergency foil / thermal blanket
HIGH
- Nitrile gloves (disposable)
- CPR face shield / resuscitation mask

SUPPLIES

- Bottled water (at least 1 litre)
HIGH
- Non-perishable snack bar
- Phone charging cable and car charger
HIGH
- Portable power bank (charged)
HIGH

TOOLS

- Basic tool kit (screwdrivers, pliers, zip ties)
- Duct tape
- Engine oil (correct grade for your car)
- Coolant / antifreeze

DOCUMENTS

- Breakdown cover membership card
HIGH
AA, RAC, or equivalent
- Insurance documents
HIGH
- Vehicle registration document