

## 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

<p>In Car Emergency Kit</p>	<p>The emergency kit should remain in the car at all times containing:</p> <ul style="list-style-type: none"> <li>• 1 litre fuel canister (always refill after use)</li> <li>• Jumper cables (12-20')</li> <li>• Flat tire inflation canister (non-explosive) or spare tire and jack</li> <li>• Small toolkit</li> <li>• First aid kit</li> <li>• Torch and batteries or wind-up torch</li> <li>• Blanket</li> <li>• Fold up shovel</li> <li>• High visibility vest</li> <li>• High visibility hazard sign</li> </ul> <p>And in winter:</p> <ul style="list-style-type: none"> <li>• Ice scraper</li> <li>• Windscreen de-icer spray</li> <li>• Wellingtons and spare socks</li> </ul>
<p>Basic requirements should always be stored in the car or taken with you</p>	<p>Mobile phone</p> <p>Insurance and recovery details</p> <p>Bottled water</p> <p>Energy snacks</p>
<p>Ad hoc items</p>	<p>In hot weather: Extra water and sun tan lotion</p> <p>In cold weather: Warm clothing, flask of hot drink, suitable footwear</p> <p>With children and pets: Suitable provisions and activities</p>
<p>If stuck in snow</p>	<p>Put on your hazard lights, keep the engine running and heater on until help arrives.</p>