

Car Survival/Winter Driving Items

Today's vehicles are pretty safe and reliable but they can still break down, slide into a ditch or get hit by other vehicles. If caught by a winter storm you could get snowed in and stranded at a parking lot or even on the highway. If you ski or have to travel over the mountain passes your risks increase. If something does happen you could be in for a long cold wait. When driving in winter or any season in the mountains, it's smart to be prepared for the worst. The following is a list of items that should be carried in your vehicle. Also included are some survival and driving tips.

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| <input type="checkbox"/> Water (clean gallon bleach bottle) | <input type="checkbox"/> Rope/cord (50ft) |
| <input type="checkbox"/> Survival Kit ¹ | <input type="checkbox"/> Tree saw (for cutting fire wood) |
| <input type="checkbox"/> First Aid Kit ² | <input type="checkbox"/> Shovel (Army entrenching tool/folding type) |
| <input type="checkbox"/> Flashlight (with extra batteries & bulb) | <input type="checkbox"/> Flares (3 or more) |
| <input type="checkbox"/> Blanket or sleeping bag (one per 2 people) | <input type="checkbox"/> Tire chains (that fit your tires) |
| <input type="checkbox"/> Coat, warm hat, gloves (for all persons in car) | <input type="checkbox"/> Can of sand/ kitty litter (for traction) |
| <input type="checkbox"/> Warm shoes or boots | <input type="checkbox"/> Carpet remnant (for putting on chains) |
| <input type="checkbox"/> Extra clothes (if skiing or snow play) | <input type="checkbox"/> Tow cable |
| <input type="checkbox"/> Toilet paper & Towelets (just in case) | <input type="checkbox"/> Duct tape |
| <input type="checkbox"/> Food or snacks | <input type="checkbox"/> Wheel chock (block or wood or commercial chock) |
| <input type="checkbox"/> Old bath towel (drying hand, cleaning windows) | <input type="checkbox"/> Fire extinguisher |
| <input type="checkbox"/> Large garbage bags (really can't have enough) | <input type="checkbox"/> |

1 Survival Kit: (2lb coffee can(s) works nicely)

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|----------------------------------|-------------------------------------|--------------------------------------|--|
| <input type="checkbox"/> Sterno | <input type="checkbox"/> Small cups | <input type="checkbox"/> Sugar | <input type="checkbox"/> Survival Manual |
| <input type="checkbox"/> Candle | <input type="checkbox"/> Spoon | <input type="checkbox"/> Crackers | <input type="checkbox"/> Pliers (to hold coffee can over fire) |
| <input type="checkbox"/> Matches | <input type="checkbox"/> Tea Bags | <input type="checkbox"/> Cup of Soup | <input type="checkbox"/> Bailing wire (5 to 10ft) |
| <input type="checkbox"/> Knife | <input type="checkbox"/> Bouillon | <input type="checkbox"/> Chem Light | <input type="checkbox"/> Nails (dozen assorted) |

2 First Aid Kit.: (coffee can, tupperware etc will work)

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|---|--|---|
| <input type="checkbox"/> Band Aids (assorted) | <input type="checkbox"/> Aspirin | <input type="checkbox"/> Ace Bandage |
| <input type="checkbox"/> Gauze 1" | <input type="checkbox"/> Antacid | <input type="checkbox"/> Compress bandage (sanitary napkin) |
| <input type="checkbox"/> Med tape | <input type="checkbox"/> Throat Lozenges | <input type="checkbox"/> Triangle bandage (for an arm sling etc.) |
| <input type="checkbox"/> Soap / Antiseptic | <input type="checkbox"/> Personal medication | <input type="checkbox"/> First Aid Book |
| <input type="checkbox"/> Antihistamine (Contact etc.) | | |

Car Survival/Winter Driving Tips

Survival Tips

- Always carry water in the car, you and the car need it to survive.
- If stranded, **stay with the car**, its easier for rescuers to locate an automobile than a person.
- If traveling in the mountains or to remote trail heads, leave your itinerary with someone so if you don't turn up, rescuers will know where to start looking (see bullet above).
- If parked and running the car for heat, leave a window open a crack to prevent carbon monoxide poisoning. If you or anyone in the car feels light headed, nauseous, or drowsy, get everyone out of the car immediately and into fresh air.
- If you get out of the car, stand well off the road in case someone slides in your direction.

(more on the back)

- Any time you drive in the winter always take (or just leave in the car) a coat, gloves, sensible shoes, and a warm hat. Have all passengers do the same (especially teenagers). You never know when the car might die, and even on I5 between Salem and Portland, it could be a long wait before help arrives. On most winter days in the valley you may not freeze to death without these items but why be miserable?

Driving Tips

- When parking after driving through snow, slush or freezing rain **do not** set the parking brake. Moisture can freeze the parking brake cable and lock up your brakes.
- If parked on a slope chock a tire with a block of wood or commercial wheel chock.
- If parking for a while, to prevent the wiper blades from freezing to the windshield, place a piece of cardboard under the wiper blades (or swing wiper arms out, if that can be done).
- Carry a regular or folding type shovel in the car. You can use it to remove heavy snow build-up away for the wheels.
- Practice putting your tire chains on at home to make sure they fit and that you can do it.
- Get as far off the road as possible to put on chains. Have someone standing near by to keep an eye on traffic so they can warn you if someone is careening towards you.
- When driving on snow or ice always look where you want the car to go, **NOT** where you don't want the car to go. In other words, keep your eyes on the road, don't look at that guard rail, tree, or truck. Your hands tend to follow your eyes, so they will unthinkingly drive you into that tree you're fixated on.
- To reduce speed or stop (for cars without Anti-Lock breaks) slowly apply the breaks so they won't lock, if they do, ease off slightly until the wheels unlock and then gently reapply the brakes. For cars with Anti-Lock follow directions in your owner's manual.
- For better traction, stay in the churned up areas or on the sanded sections - even better follow the sand truck.
- If you get into a slide, smoothly steer the car in the direction you want it to go, do not jerk the wheel or over-steer, keep steering to a minimum. Over-correcting will only aggravate a slide. Use break and gas minimally so as to distribute the vehicle's weight to which ever end of the vehicle is skidding. Front-wheel skids ease up on the gas and just touch the break. Rear-wheel skids stay off the breaks and add a little gas. Remember keep eyes looking down the road - where you want to go.
You might also consider declutching or shifting into natural - if you're really good.
- When starting to move the greatest traction is obtained at the moment before the wheels start to spin. Use gentle pressure on the accelerator and reduce pressure if the wheel begins to spin.
- If you get stuck, rock the vehicle back and forth, it might be a good time to put some of the sand or kitty litter in front/back of the tire.
- Believe it or not the colder the snow the better the traction. The closer the temperature is to the thawing point the slicker the surface will be. Unfortunately that's the way it is most of the time here in the Northwest.
- Drive on ice and snow the same way you would walk on a iced-over sidewalk; slowly, smoothly, and with total concentration.