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Emergency kit for your car by Ben Kruger

Article published on March 27th 2012 | Auto

Midwest winters can be harsh. With several feet of snow and frigid conditions, itâ€™s important to be prepared for winter driving, especially in northern Illinois. Even if you frequently take your car in for tune-ups at auto repair shops in Mchenry, itâ€™s wise to include an emergency kit in your car just in case you break down on the road.

Although rare, you could be stuck in your car for an extended period of time. Keep this in mind while preparing your emergency kit. Here are some items that you should include in your kit that wonâ€™t take up too much room:

Water: Above all else, staying hydrated when trapped in a car is key. Your body will be working hard to keep itself warm, so itâ€™s easy to become dehydrated. Keep at least one bottle of water in your car and, if you get stranded, be sure to ration it in case you end up trapped in your car longer than anticipated. Keep small bottles of water versus large ones in your kit because they are easier to thaw if frozen.

Non-perishable food: You donâ€™t want to be lugging around a trunk full of food every time you drive, but including a few food items that are high in calories isnâ€™t a bad idea. Think energy bars, nuts, and granola.

Flashlight: It can get pretty dark during the winter months, so add a flashlight to your kit to use as not only a navigator, but also a signaler. Rescuers will be more likely to find you if are giving them some sort of signal. Donâ€™t forget batteries.

First-aid kit: Having a few first-aid items in your car is important at any time of the year. Include bandages, sterile pads, gauze, pain relievers and a few other items you anticipate needing.

When traveling in winter, always throw in a pair of boots and an extra pair of socks and gloves for each passenger. You never know when youâ€™ll have to bail and walk to find help.

The best thing to do is to take your car in to get checked frequently at an auto repair shop in Fox Lake in order to prevent breaking down in the middle of a snowstorm. Additionally, be sure to get your tired pressure checked at a tire store around Illinois like Wauconda. Because the changes of seasons cause a drastic temperature difference, your tires may be either too flat or too inflated. But also, be sure to include that stocked emergency kit so both you and the passengers in your car can be safe and warm while you wait for help to arrive.

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Article Keywords:
Tire Store in Wauconda,auto repair McHenry

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