



Your Quebec Winter Storm Car Survival Kit

When the snow blankets the roads and the chill of the Quebec winter sets in, your car becomes more than just a vehicle—it's your lifeline. A well-stocked winter storm car survival kit can make all the difference during an unexpected roadside emergency. Here's what you need to pack to ensure you're prepared for whatever Jack Frost throws your way.



Essentials for Safety and Warmth

- **Emergency Food:** Keep a supply of snacks that are easy to eat and don't require preparation, such as granola bars, dried fruits, and crackers. These are especially important if you're traveling with small children, who may need a quick energy boost and may not have the patience or ability to wait for help to arrive.
- **Drinks:** It's essential to stay hydrated in cold weather, so include water bottles that won't freeze solid (insulated containers can help). For added comfort, an insulated thermos filled with a warm beverage like herbal tea or hot chocolate can be soothing for all passengers, and it's a great way to keep everyone's spirits high and body temperatures stable. Warm

drinks are also a quick way to warm up from the inside out, which can be particularly comforting for young children.

- **Warm Clothing and Blankets:** Extra layers, gloves, hats, and thermal blankets can help retain body heat in freezing temperatures.
- **First-Aid Kit:** Include bandages, antiseptic wipes, pain relievers, and any personal medications.

Tools for Snow and Ice

- **Ice Scraper and Snow Brush:** These are indispensable for clearing your windshield and ensuring visibility.
- **Shovel:** A compact, foldable shovel can help dig your car out of snowdrifts.
- **Traction Aids:** Sand, kitty litter, or traction mats can provide the necessary grip to get moving on slippery surfaces.

Mechanical Must-Haves

- **Jumper Cables:** A dead battery is a common winter woe; jumper cables can get you back on the road.
- **Tow Strap:** If you or another motorist gets stuck, a tow strap can be crucial for a quick rescue.
- **Flashlight and Extra Batteries:** Power outages are common in winter storms; a reliable light source is essential.

Visibility and Communication

- **Road Flares or Warning Triangles:** These help alert other drivers to your presence and prevent further accidents.
- **Portable Phone Charger:** Keeping your phone charged ensures you can call for help when needed.

Comfort and Convenience

- **Hot Packs:** Hand and foot warmers can provide instant heat in frigid conditions.
- **Insulated Thermos:** Filled with a hot beverage, it can help keep your spirits up and your body warm.

Nutrition and Hydration for the Road

- **Easy-to-Consume Food:** Keep a supply of snacks that are easy to eat and don't require preparation, such as granola bars, dried fruits, and crackers. These are especially important if you're traveling with small children, who may need a quick energy boost and may not have the patience or ability to wait for help to arrive.
- **Drinks:** It's essential to stay hydrated in cold weather, so include water bottles that won't freeze solid (insulated containers can help). For added comfort, an insulated thermos filled with a warm beverage like herbal tea or hot chocolate can be soothing for all passengers, and it's a great way to keep everyone's spirits high and body temperatures stable. Warm drinks are also a quick way to warm up from the inside out, which can be particularly comforting for young children.

Having these items readily available can make a significant difference in maintaining energy levels and warmth until assistance arrives or conditions improve enough for you to safely continue your journey.

Additional Considerations

- **Whistle:** In case you need to signal for help without draining your phone battery.
- **Local Maps:** GPS systems can fail; having a physical map can guide you to safety if technology falters.

By assembling these items, you create a safety net that can protect you and your passengers from the unpredictable elements. Remember, the key to a good winter car survival kit is regular checks and replenishment. Before the winter season hits full swing, take the time to ensure your kit is complete and ready for the road. Your preparedness could be the difference between a minor inconvenience and a life-threatening situation.