Vehicle Emergency Kit Checklist for Caregivers

Pack the basics · plan for delays · keep essentials ready

A practical checklist for vehicle supplies, caregiver essentials, emergency contacts, and items to bring on each trip.

A free resource from

The Caregiving Concierge™

by AdVantage Digital LLC

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Vehicle Emergency Kit Checklist for Caregivers

Vehicle kit · roadside basics · weather

Build a practical kit for the vehicle and the person.

Check items when packed and usable; mark others “not needed.” Keep medicines and temperature-sensitive supplies in a separate bring-along bag. [3]

THIS KIT IS FOR (NAME)

PRIMARY CAREGIVER

VEHICLE / DATE CHECKED

WHERE THE VEHICLE KIT IS STORED

1 PACK ROADSIDE BASICS [1]

- [ ] Working flashlight and spare batteries.
- [ ] First-aid kit; check supply condition and expiration dates.
- [ ] Reflective warning triangles or battery-powered warning lights.
- [ ] Work gloves, paper towels, and a small trash bag.
- [ ] Tire-pressure gauge and vehicle-specific emergency instructions.
- [ ] Compatible jump-start equipment, if appropriate; follow the vehicle manual.
- [ ] Blanket, spare warm layer, and basic rain protection.

2 ADAPT FOR WEATHER AND ROUTE [2]

- [ ] For winter: ice scraper/brush and a small snow shovel.
- [ ] For snowy routes: traction material, such as sand, if appropriate.
- [ ] Check weather and route alerts; delay nonessential trips when conditions are unsafe.

OTHER VEHICLE SUPPLIES / WHO WILL PACK THEM

Carry only equipment you can use safely. This checklist is not roadside-repair training.

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Bring-along bag · personal care · storage

3 PACK THE BRING-ALONG BAG [1, 3, 4]

Prepare this bag for each trip. Follow storage instructions for medicines and supplies; do not assume a parked vehicle provides safe storage.

- [ ] Charged phone, charging cable, and a charged power bank.
- [ ] Drinking water and food that fit the person's diet and care instructions.
- [ ] Medicines needed during travel or delays, in original labeled containers. [3]
- [ ] Glasses, hearing aids, and needed mobility or communication aids.
- [ ] Personal-care supplies, wipes, spare clothing, and disposal bags, as needed.
- [ ] Current emergency contact and medication/allergy information. [4]

CARE-SPECIFIC ITEMS / WHO WILL BRING THEM

4 PLAN MEDICINE AND DEVICE STORAGE [3, 4]

Follow labeled instructions. Ask the pharmacist or equipment supplier about heat, cold, delays, power needs, and supplies exposed to unsuitable conditions.

MEDICINE / DEVICE

STORAGE / POWER PLAN

PHARMACIST / EQUIPMENT SUPPLIER / PHONE

Do not store medicines in the glove compartment. Bring them with you and follow the pharmacist’s storage instructions. [3]

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Help contacts · final check · refresh dates

5 KEEP HELP AND BACKUP DETAILS HANDY

ROADSIDE ASSISTANCE / MEMBERSHIP

ROADSIDE PHONE

CAREGIVER / EMERGENCY CONTACT

PHONE

BACKUP DRIVER / SERVICE

PHONE

For serious illness, injury, or immediate danger, call 911. Share your location and follow dispatcher instructions; do not delay help to find supplies. [5]

6 CHECK THE KIT BEFORE LEAVING

- ☐ Confirm fuel/charge, route, weather, and the return or backup plan. [1, 2]
- ☐ Check that essentials are reachable and bags are secured. [1]
- ☐ Replace used or expired supplies; check device charge and storage instructions. [3, 4]

ITEM TO REPLACE / REFRESH	WHO / BY WHEN

KIT LAST CHECKED

NEXT REVIEW DATE

Everything about your loved one's care, organized in one place.

The Caregiving Concierge™ helps families organize appointments, providers, medications, documents, schedules, transportation details, and other important care information in one secure workspace.

Sources · checked September 10, 2026 · Worksheet prompts by TCC
[1] NHTSA — Summer Driving Tips: roadside kit and trip preparation
[2] NHTSA — Winter Weather Driving Tips: seasonal supplies and planning
[3] MedlinePlus — Storing your medicines: storage and travel
[4] FDA — Safe Drug Use After a Natural Disaster: medicine and supply planning
[5] National 911 Program — Calling 911