Winter Weather Traveling Safety Tips

1) Carry a **winter storm survival kit** that includes blankets, sleeping bags, flashlight (extra batteries), a first aid kit, a knife, high calorie non-perishable food, extra dry clothing, drinking water, a large can with plastic cover for sanitary purposes, a small can for melting snow to make additional drinking water, waterproof matches (or a lighter), and several large candles.

* Burning a *single candle* inside a car can provide light, as well as warming the interior several tens of degrees, reducing the need to run the car engine, further preventing carbon monoxide poisoning from the exhaust. 

2) Carry **basic winter auto safety items**, including a sack of sand, shovel, windshield scraper and snow brush, tool kit, tow rope, booster cables and accident hazard flares.

3) **Stay with your vehicle!** People seeking help often become disoriented in blinding snow only feet from their vehicle and can get lost, usually becoming a fatal decision.

4) Carry a **cell phone** to alert authorities and family, and hasten rescue.

**About Winter Weather Deaths:** 70% occur in automobiles, usually in accidents on icy roads; about 25% are people caught out in the storm; the majority are over 40 years old; people die of heart attacks while shoveling snow; people die of hypothermia from prolonged exposure to cold (50% of those are over 60 years old, 75% are males, 20% occur in the home).