



Summer (hot) Emergency Care Kit

What should be in a summer emergency car kit?

10 Must have items for every summer (hot) car emergency kit. Download the 10 item summer checklist here!

- Extra Water (Try a Hydro Flask! Ice water will stay cold all day in a hot car)
- Giant wide brimmed hat
- Long Sleeve Hat and Pants (There is a reason roofers and road crew workers completely cover up while in the sun)
- Sun Block
- Sun Glasses
- Solar powered battery pack (I love this one!)
- Car windshield cover
- Pull Down Window Sun Shade ("Mom! The sun's in my eyes!" Extremely helpful if you have kids)
- Foldable Miniature Fan (Fit it in your pocket, purse, or glove compartment, letting you keep your cool while you wait for your car's AC to (finally!) kick in)
- Antifreeze (1 gal.)