Car essentials checklist for women

58 items. Check the kit twice a year when the clocks change.

GLOVE BOX

- [ ] Registration and proof of insurance, in a folder
- [ ] Owner's manual
- [ ] Tire pressure gauge
- [ ] Small LED flashlight
- [ ] Pen and a small notepad
- [ ] Spare phone charging cable
- [ ] Stain remover pen
- [ ] Hand sanitizer
- [ ] Napkins or travel tissues
- [ ] Emergency contact and roadside assistance card
- [ ] Small cash and coins for parking and tolls

PERSONAL CARE POUCH

- [ ] Tampons, pads or liners
- [ ] Wet wipes
- [ ] Deodorant wipes (not stick deodorant)
- [ ] Hair ties and bobby pins
- [ ] Travel hairbrush or comb
- [ ] Lip balm
- [ ] Small tube of hand lotion
- [ ] Adhesive bandages
- [ ] Safety pins and a mini sewing kit
- [ ] Mints or gum
- [ ] Pain reliever (replace every summer)

COMFORT AND CONVENIENCE

- [ ] Foldable flats or sneakers you can drive and walk in
- [ ] Light jacket or hoodie
- [ ] Spare socks and underwear
- [ ] Compact umbrella
- [ ] Reusable water bottle
- [ ] Snacks that don't melt (nuts, granola bars, crackers)
- [ ] Reusable shopping bags or a laundry basket
- [ ] Small car trash can or bags
- [ ] Sunglasses in a visor clip

SAFETY, WITHIN THE DRIVER'S REACH

- [ ] Phone mount for hands-free navigation
- [ ] Car charger
- [ ] Window breaker and seatbelt cutter
- [ ] Purse hook or seat net to keep your bag out of sight
- [ ] Personal safety alarm (optional)

TRUNK: ROADSIDE EMERGENCY KIT

- [ ] Jump starter or jumper cables
- [ ] Portable tire inflator
- [ ] First aid kit
- [ ] LED road flares or reflective triangles
- [ ] Headlamp or flashlight with spare batteries
- [ ] Work gloves
- [ ] Fleece blanket
- [ ] Emergency (Mylar) blanket
- [ ] Water: a gallon jug or emergency pouches
- [ ] Multi-tool and duct tape
- [ ] Paper towels or rags
- [ ] Roll of toilet paper
- [ ] Spare tire, jack and lug wrench (check they are there)

WINTER ADD-ONS

- [ ] Ice scraper and snow brush
- [ ] Hat, gloves and warm socks
- [ ] Hand warmers
- [ ] Small folding shovel
- [ ] Kitty litter or traction mats
- [ ] Winter washer fluid

SUMMER ADD-ONS

- [ ] Windshield sunshade
- [ ] Extra water
- [ ] Small towel