



Car Emergency Kit Checklist

Complete packing list with supplier information, item costs, monsoon preparation schedule, and step-by-step breakdown response protocol for Malaysian highways and tropical conditions.

Breakdowns, flash floods, long traffic jams, and monsoon conditions can quickly become dangerous in Malaysia's tropical heat. A properly prepared vehicle emergency kit helps drivers remain safer, hydrated, visible, and mobile during unexpected situations.

1. Vehicle Emergency Kit Packing List

Item	Estimated Cost (RM)	Where to Buy in Malaysia
First Aid Kit	30–120	Watsons, Guardian, Shopee, Lazada
Portable Jump Starter	150–400	Shopee, Lazada, car accessory shops
Torchlight / Headlamp	20–100	MR DIY, Decathlon
Power Bank	80–250	Senheng, Harvey Norman
Reflective Triangle	20–50	Petronas, Shell, car shops
Raincoat / Poncho	10–40	MR DIY, Decathlon
Umbrella	20–60	General retail stores
Bottled Water	10–30	Supermarkets, petrol stations
Emergency Blanket	10–30	Shopee, outdoor stores
Tow Rope	25–80	Car accessory stores
Tyre Inflator	80–250	Shopee, Lazada
Basic Tool Kit	50–150	MR DIY, Ace Hardware

2. Monsoon Season Preparation Schedule

Task	Frequency	Completed
Check tyre condition and pressure	Monthly	■
Inspect battery health	Every 3 months	■
Refill windshield washer fluid	Monthly	■
Inspect wiper blades	Before monsoon season	■
Restock emergency water/snacks	Monthly	■
Check flood-prone travel routes	Before long travel	■
Charge power banks and jump starter	Monthly	■



3. Highway Breakdown Response Protocol

Step	Action
1	Turn on hazard lights immediately.
2	Move vehicle to emergency lane or safest possible area.
3	Place reflective triangle behind vehicle.
4	Stay inside vehicle during dangerous traffic conditions if safer.
5	Call PLUSRonda / insurance roadside assistance / family contact.
6	Monitor heat, hydration, and battery usage.
7	Avoid floodwater if vehicle stalls during heavy rain.

Important Malaysian Highway Safety Tips: Never stand beside fast-moving traffic unless necessary. Keep at least half tank fuel during monsoon season. Avoid driving into unknown floodwater depth. Maintain hydration during long traffic jams or heat exposure. Keep emergency contact numbers printed offline.

4. Heat Management & Hydration Checklist

Done	Heat Preparedness Item
<input type="checkbox"/>	Store bottled water inside vehicle
<input type="checkbox"/>	Keep electrolyte drinks or ORS
<input type="checkbox"/>	Carry umbrella or sunshade
<input type="checkbox"/>	Keep backup phone charging cable
<input type="checkbox"/>	Park in shaded areas when possible
<input type="checkbox"/>	Check children/pets never left inside vehicle
<input type="checkbox"/>	Monitor heat exhaustion symptoms during breakdowns

5. Emergency Contacts & Notes

Contact	Phone Number
PLUSRonda	
Insurance Roadside Assistance	
Family Emergency Contact	
Workshop / Mechanic	
Towing Service	