

Essentials Every Teen Should Have in Their Car

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As **Teen Driving Awareness Month** rolls around this January, it's another reminder for young drivers to equip their vehicles with essential items for their safety and comfort. Whether they're going to school, hanging out with friends, or setting out on a road trip, being prepared can make a stressful situation more manageable and prevent issues on the road.

Below is a list of necessities every teen should keep in their car:

1. Must-Haves

- **License, registration, and insurance:** Keeping important documents organized and easily accessible is key, especially if your teen gets pulled over. Vehicle registration and [proof of insurance](#) should be kept in the glove compartment, and they should always keep their driver's license in their wallet.
- **Phone charger:** A charged phone is necessary for navigation and for them to always have a way to reach you and authorities.
- **Blanket:** If a breakdown happens and it is freezing outside, it's important to keep a blanket in the vehicle if the driver must wait for roadside assistance, which can sometimes be up to an hour or longer.

2. Safety Gear

- **First-aid supplies:** Create a first-aid kit that includes band-aids, hand sanitizer, alcohol and antiseptic wipes, antibiotic ointment, and medications (for allergies, motion sickness, or pain relief.)
- **Flashlight:** A reliable flashlight with working batteries can be helpful in low-light situations.
- **Seatbelt cutter and window breaker:** These should be kept in the door next to the driver's seat or in the glove compartment.

3. Car Maintenance Supplies

- **Jumper cables and emergency battery booster:** Dead batteries are common, and jumper cables can help get a vehicle back on the road. If there aren't any other motorists to assist with jumping their battery, emergency battery boosters are ideal.

- **Tire pressure gauge, inflator, and tire sealant:** If your teen notices their tire pressure is low or gets a flat tire, these small, inexpensive tools can temporarily help until arriving at an auto shop.
- **Spare tire and jack:** Show your teen how to change a tire in case of emergencies, or have them watch a YouTube video, so they are prepared in case of emergency.
- **Emergency contact list:** A physical contact list or saved phone numbers, including roadside assistance numbers, your insurance company, and a local car repair shop, can be vital in emergencies.
- **Ice scraper:** If you live in a cold climate, an ice scraper is a lifesaver to clean off your car and make it safer for the road.

4. Personal Comfort and Convenience Items

- **Umbrella:** When it's raining outside, the last thing anyone wants to forget is an umbrella.
- **Sunglasses:** Protecting their eyes from the sun is essential and prevents them from squinting, which could affect their driving.
- **Water bottle:** Having a sealed water bottle in case of a vehicle breakdown or vehicle maintenance is key.

Conclusion

Stocking their car with these essential items can help your teen driver feel safer, more confident, and better prepared for the road ahead. Teen Driving Awareness Month is a reminder for young drivers to prioritize safety and responsibility through good driving habits and preparedness.

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