

# Making a *Quit Emergency Kit*

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Plan ahead for your first long car trip or other adventure! Packing an emergency kit can help.

## 1. **Items to keep your mouth busy:**

Chew a piece of gum, use a toothpick, or consider sucking on sunflower seeds or mint/cinnamon candy. Please use these items thoughtfully, mindfully and in moderation. Consider alternating between these items and drinking water.

- Sugar-free candy
- Sugar-free gum
- Toothpicks
- Straws
- Vegetables and fruit
- Water
- Cinnamon sticks
- Throat lozenges
- Stir sticks
- Sunflower Seeds

## 2. **Items to keep your hands busy:**

Rather than doing things that were once associated with smoking, try twisting a rubber band, doodling or playing with a pencil, straw or something like silly putty.

- Rubber bands
- Paper and markers
- Pencils
- Straws
- Silly putty

## 3. **Items to distract you:**

Sometimes the best way to handle a craving for tobacco is to distract yourself. When you are on the road or traveling this can be challenging. Here are some items to consider adding to your Quit Emergency Kit.

- Pen or pencil and paper or index cards
- Travel toothbrush and toothpaste
- To do list
- Something to do with your hands: wish stone, dice, stress ball, etc.
- Inspirational sayings, notes to yourself, phone numbers of people to call, etc.
- Computer games on your phone or other device
- A book/magazine to read or puzzle book
- Have a mindfulness exercise prompt you can use (e.g., deep breathing, progressive muscle relaxation, chanting a favorite word).