

Preface

This paper is based on *personal experience* and not at all on *mere research*. Earlier in his life, Dr. Michael J. Bisconti found it necessary to live in his car for a number of months. In addition, to assure the continued validity of the observations and advice contained in this paper, Dr. Bisconti spent a week in August 2013 living in his car.

Don't Do It

The most important thing I can tell you is:

Avoid living in your car if at all possible.

However, circumstances can arise that make it impossible for you to avoid living in your car. In this case, your goal is to minimize the negative impacts of doing so.

Ventilation

In the “extreme” seasons – summer and winter – you will find it necessary to run your engine so that you can use your air conditioning or heat, respectively. In these cases, be sure you have sufficient ventilation to avoid the accumulation of carbon monoxide inside your vehicle. Sufficiently high levels of carbon monoxide will kill you.

Mosquitoes

In the summertime, if you run low on gas, you will be forced to leave your car windows open. This leaves you vulnerable to mosquitoes at certain times during the summer. A few nights, I had to endure a couple dozen mosquito bites. The resulting itching would have been maddening if it weren't for my survival training from years previous. Mosquito netting appropriately attached to the interior of your car can solve this problem.

Bathrooms

Be sure you know the location of bathrooms available in the middle of the night. These will usually be in some business establishment like a grocery store or restaurant that are open all night.