

# Travel Tips

## Before you go...

- Refill any prescriptions and pack over the counter medications.
- Make sure all vaccinations are up to date.
- Make a list of medications (dosage and frequency) and doctor's numbers to carry.
- Convert cash to traveler's checks or plan to use credit cards.
- Pack electrical socket covers and other child safety devices to childproof the destination spot.
- Don't forget the sunscreen!!!!
- Be sure your cell phone is charged and pack a cigarette lighter charger kit.
- Become familiar with local traffic laws.
- Give the car a tune-up and safety inspection.
- Get a full night's sleep the night before a trip.

## Packing your emergency kit...

- First aid kit.
- Flashlight with extra batteries.
- Jumper cables.
- Duct tape.
- Maps.
- Blankets.
- Flares and white flag for indicating stress.
- A car jack and ground mat for tire changes.
- Work gloves and a change of clothing.
- Basic repair tools.
- Extra water and paper towels.
- Non-perishable food.
- Extra prescription medications
- Windshield washer fluid.

## House...

- Arrange to have a neighbor watch the house and check mail.
- Make sure hedges are trimmed to eliminate easy spots to hide.
- Make sure the outside of the home is well lit.
- Put timers on lights, radios and televisions.
- Leave blinds open, but move valuables out of sight.
- Leave the air conditioner on.
- Turn the ringer on the house phone off.
- Give a friend or family member a copy of itinerary and emergency numbers.
- Ask a neighbor to park in the driveway or parking spot.
- Arrange to have the lawn mowed.
- Unplug all appliances (except refrigerator, freezer and timers).
- Turn off water to sinks, toilets, showers, dishwashers, and washing machines
- Turn hot water heater to lowest setting.
- Unplug the automatic garage door opener.
- Put rods in the tracks of sliding glass doors.
- Make sure all doors and windows are locked.
- Double-check homeowner's insurance policy.

## On the road...

- Stay alert.
- Wear a seat belt.
- Don't drink and drive.
- Use approved child restraints.
- Be patient and obey the posted speed limit.
- Don't tailgate.
- Watch out for road debris.
- Avoid in-car distractions.
- Stop in a safe place to nap if you're sleepy.
- Travel at times when you are normally awake.
- Take a break every two hours or every 150 miles.
- Pre-program radio stations for easy access and select CDs before you start driving.
- Keep the radio volume low enough to hear sirens, horns and screeching.
- Designate a passenger to be a navigation "co-pilot".
- Avoid talking on cell phones while driving.
- Make sure pets are in a carrier.
- Do not eat while driving.
- Keep gas tank at least ¼ full.