

Traveling safely in The car

Tips and hints for making your vacation or holiday travel safer.

Make sure your car is in good mechanical condition:

- ☞ Check fluid levels.
- ☞ Make sure the tires are in good condition, including the spare.
- ☞ Check air pressure in all tires.
- ☞ Change the windshield wiper blades.
- ☞ Take an emergency kit that includes the following:
 - Flashlight with extra batteries
 - First aid supplies
 - Flares
 - Jumper cables



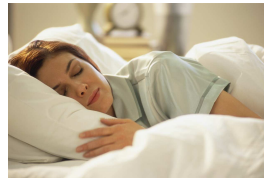
For winter traveling, also include the following in your kit:

- ☞ Blankets
- ☞ Bag of sand or kitty litter
- ☞ Ice scraper
- ☞ Small shovel



Make sure YOU are in good condition!

- ☞ Get plenty of sleep and rest before your road trip.
- ☞ Don't eat a heavy meal before leaving.
- ☞ Stop every few hours to re-energize.
- ☞ If you get sleepy, find a safe place to pull over and take a nap or let someone else drive.



Driving Tips

- ☞ Follow other vehicles at a safe distance
- ☞ Drive with your headlights on for safety
- ☞ NEVER drink and drive.
- ☞ ALWAYS BUCKLE UP!



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