



Travel Safety

We should always keep our vehicles stocked with an emergency kit however, when planning for a long road trip it is wise to take a few extra precautions.

Vehicle Emergency Kit:

Listed below are the supplies for a standard emergency kit that we should keep in our vehicles at all times:

- Water (2 liters per traveler)
- Purification tablets for drinking water
- Meal replacement bars or other non-perishable foods
- Any necessary medications
- First aid kit
- Flashlight with extra batteries
- A space blanket (warm blanket that folds down to a very small size – these can be found at any outdoors/sporting goods store)
- Triangle reflectors and flares
- Booster cables
- A shovel for digging out of the snow

Some additional items we should bring when we are planning long trips, especially when severe weather may be encountered are:

- Extra blankets or sleeping bags
- Maps of the areas to which we will be traveling
- Tire chains
- Extra clothes and shoes
- First aid kit
- Personal hygiene items
- A spare pair of glasses or contact lenses
- Matches (waterproof)
- Charged cell phone and a vehicle phone charger
- Any necessary infant needs (diapers, baby foods)
- Any necessary pet needs (food and water)

Guidelines for traveling safely:

- **Have a travel plan** – By developing a travel plan we will be more prepared in the event of an emergency. Some helpful tips we should consider when we are planning our road trips are:

- Always leave a detailed description of the routes we will take (and stick to them) in our homes. Also, let friends or family know ahead of time where and when we will be traveling.
- Avoid driving in winter storms. However, if we get stuck in winter weather it is important that we stay in our vehicles and wait for rescue. Use our cell phones to call for help, sometimes sending a text message will go through when a call will not. We should turn on our vehicles periodically for heat and to keep the battery charged.
- Avoid driving through high water or flooded roads. Our cars can easily be swept away in as little as 2 feet of water.
- Always listen to our vehicle or battery powered radios for instructions if we suspect severe weather may be headed in our direction.