

LONG DISTANCE DRIVING TIPS



PLAN YOUR ROUTE

- ✓ Even if you're using a GPS, use a printed map to know where you are going
- ✓ 15-minute break for every 2 hours of driving
- ✓ Plan your rest stops, not only for meal and interesting places to visit to break up the trip
- ✓ Avoid peak travel times

STAY HYDRATED

- ✓ Avoid sugary drinks that cause dehydration which can cause blurry vision and sleepiness
- ✓ Avoid coffee or tea, except as a pick-me-up, they also can dehydrate you
- ✓ Drink water. Pack a cooler and keep it nice and cold so it will feel refreshing
- ✓ Add citrus or berries to your water for fun

PLAN MEALS & SNACKS

- ✓ Plan in advance so you save on travel time
- ✓ Pack sandwiches in a cooler, for a picnic lunch at a rest stop or park
- ✓ If you have family along the route, stop for a visit for homemade food
- ✓ Research restaurants along your route
- ✓ Choose healthy snacks that keep you full like nuts, trail mix, jerky, granola bars, crackers, carrots, celery, and fresh fruit
- ✓ Bring wipes and designate a trash bag

PREPARE YOUR VEHICLE

- ✓ Have it serviced at your local mechanic to make sure it's in good condition for the trip
- ✓ Check fluid levels (brake, coolant, engine oil), tire pressure and tread depth.
- ✓ Check your windshield wipers are in good condition and your lights are working
- ✓ Pack an emergency kit for your car
- ✓ Clean and declutter your car for a nicer trip
- ✓ Childproof your car before the trip

BE WELL-RESTED

- ✓ Don't put yourself or your family at risk
- ✓ Get enough sleep the night before your trip
- ✓ Avoid planning long drives after work
- ✓ If you feel tired, stop and rest

PACK ACTIVITIES

- ✓ Make a playlist of your and your passenger's favorite songs
- ✓ Listen to an audiobook or podcast, borrow one from the library or streaming service
- ✓ Keep the kids occupied with books, puzzles, or car games that you can play, such as I Spy or "find the license plate"
- ✓ If you're not driving, organize your phone screen, delete photos and emails, brainstorm new goals, or practice a new language

Make sure you have the proper car insurance. Coverage will give you peace of mind should anything happen on your long distance road trip.

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