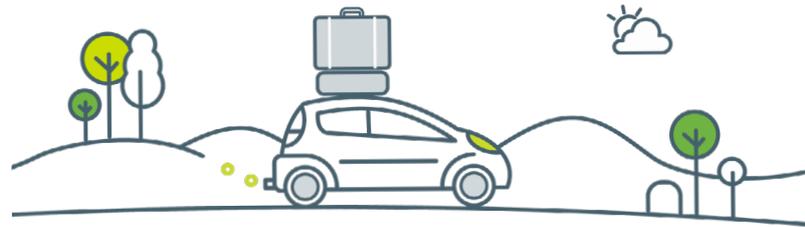


Road trips made easy



All you need for a safe and stress-free holiday



Before setting off:

- **Do some planning:** adventure's great but make sure you have an itinerary, including a few stops along the way, especially if you're going on a long journey. If you're driving abroad, check the road rules of the country you're planning on visiting - some require drivers to carry safety equipment such as high-visibility vests or even breathalysers.
- **Get your car ready:**
 - **check your tyre pressure:** we all should do it every two weeks or so but you definitely need to check your tyres before embarking on your journey. Your vehicle handbook will tell you the pressure they should be set to – make sure to check the tyres when they're cold and don't forget to inspect your tyre tread too. 
 - **fill up the liquids:** check the coolant and water levels and fill up if necessary – make sure to do this when the engine's cold and the car isn't running.
 - **inspect your windscreen:** it shouldn't have any chips or cracks and make sure you're topped up for screen wash too.

- **test your lights:** from brake lights to indicators, check they're all working as they should.
- **check your oil level:** you should have a look at your vehicle's oil levels every fortnight and top it up if needed. To see your engine oil levels, remove the dipstick and wipe it clean with a cloth, insert it back in and pull it out again - the levels need to be between the minimum and maximum marks. Remember to do this only when the engine's cold. 

- **Pack an emergency kit and some travel essentials, including:**

- Food and water
- First aid kit
- Fully charged mobile phone and a spare charger
- Road maps, in case the SatNav fails





Top tips

- If you're travelling with kids, remember to fully charge any tablets and devices, pack travel games, pillows and blankets so they're entertained and comfortable in the back.
- Safely lock most of your luggage in the boot but keep important items close by - make sure they're properly stored and don't reach for them if they fall while you're driving.
- Keeping an empty jerry can in your car can be a great way of planning ahead but make sure you use it safely:
 - Avoid filling cans up to the brim
 - Make sure any caps or metal holders are secured tightly
 - Keep them away from passengers
 - Fill them up slowly and steadily

Remember: you can only store a maximum of 30 litres of petrol in your car, and you can only use a maximum of two containers for this.

Do

- Account for bad weather – we all dream of a sunny and dry road trip, but make sure your windscreen wipers are in good condition and your fog lights are working.
- Take extra care when travelling with children – use car seats and make sure they fit and belt up properly.

Don't

- Use your mobile phone while driving, even on hands-free mode.
- Drink and drive – it might be tempting to stop for a nice meal and a few cold beers, especially if the weather's nice, but save that for when you reach your destination.



What to do if your vehicle breaks down

- If you're on the motorway, try and pull over to the hard shoulder. If you're not and you can't pull off the road, then get as far left and away from the road as possible, provided it's safe. Switch on your hazard lights and, if it's dark, keep your sidelights on too.
- Only leave your vehicle if you can do so safely. If you can't exit the vehicle and decide to stay put, keep your seatbelt on and switch on your hazards and sidelights.
- If you can safely leave your car, exit by the passenger door and keep well back from the road on a verge or on the other side of the barrier if there is one. Keep a clear view of the oncoming traffic and don't stand in front of your vehicle.
- If you do break down and you have breakdown cover, call your provider.
- Don't try to fix the repairs yourself - wait for a rescue vehicle.



And our final tip...

Make sure you have enough fuel for your journey - and if you're going further afield, plan your fuel stops before you leave.

Armed with these helpful hints, your journey should be a breeze...



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