



HOLIDAY ROAD TRIP CHECKLIST

VEHICLE PREPARATION:

- Check tire pressure and tread.
- Ensure oil and fluid levels are topped off.
- Pack a spare tire, jack, and jumper cables.
- Confirm your roadside assistance plan is active.

TRAVEL SIZE FIRST-AID KIT

- Bandages, antiseptic wipes, pain relievers, etc.
- Prescribed medications (enough for the entire trip).
- List of family members' allergies, medications, and medical conditions.
- Insurance cards (physical and digital copies).
- Snacks, water, and electrolyte drinks.
- Entertainment: books, games, and playlists.

TRIP PLANNING

- Map your route, noting healthcare facilities along the way.
- Save contact information for nearby urgent care centers.
- Share travel plans and emergency contacts with a friend or family member.
- Research and book accommodations if needed.

HEALTH & SAFETY TIPS

- Know the signs of medical emergencies (e.g., high fever, difficulty breathing).
- Keep motion sickness remedies like ginger chews or wristbands on hand.
- Ensure frequent stops for fresh air and stretching.
- Have hand sanitizers and disinfecting wipes for cleanliness.

HOLIDAY CHEER

- Download a holiday playlist for festive fun.
- Prepare games like license plate bingo or 20 Questions for family bonding.
- Capture memories and share photos with loved ones.

IMPORTANT NUMBERS & DOCUMENTS

- Emergency contact list (family and friends).
- Copy of health insurance information.
- Vehicle registration and insurance documents.
- Nearest hospital or urgent care center locations.