

FAMILY TRAVEL SAFETY

Family road trips are all about fun and adventure, but staying safe on the journey is just as important. This checklist will help you prepare your vehicle, pack the right essentials, and make sure your family is ready for any situation on the road - from a flat tyre to a First Aid emergency.

Check out our website at www.vitalfirstaidint.com for Quality First Aid Kits and First Aid Training Courses to keep you prepared for anything.

BASIC TRAVEL FIRST AID KIT CHECKLIST

WOUND CARE		SPRAINS / FRACTURES	
	Plasters (assorted sizes) - Cover cuts & grazes		Splint (bendable) - Immobilise limbs
	Bandages (different types) - Strap / cover		Triangular bandage - Support limb
	Sterile gauze - Clean / cover wounds		Instant ice pack - Reduce swelling and pain
	Alcohol wipes - Clean / disinfect wounds		
	Antiseptic wipes / solution - Prevent infection		
BURNS		TOOLS / ESSENTIALS	
	Burns gel dressing - Cool, pain relief, protect		Gloves - Protection from cross-contamination
	Dry burn dressing - Protect burned areas		Scissors - Removing barriers or cutting
	Burn gel / cream - Cool, pain relief, protect		Tweezers - Remove objects from wounds
			Thermometer - Check temperature
			Safety pins - Secure bandages or clothing
			CPR mask / shield - Protection during CPR
			Saline Solution - Flushing eyes or wounds
			Torch / Headlight - For light or signalling
			First Aid Guide - Important First Aid Instruction
OPTIONAL			
	Pain relief (Paracetamol, Ibuprofen) - Pain		
	Phenergan cream - Bites and stings		
	Oral rehydration sachets - Dehydration		

BEFORE YOU LEAVE

	Check your tyres (including the spare) for pressure and tread.
	Make sure your fuel tank is full and oil , coolant , and water levels are topped up.
	Test your lights , indicators , wipers , and hooter .
	Load a charged phone with enough airtime and have a car charger / power bank with you.
	Keep emergency contact numbers written down (in case your phone dies).
	Pack enough food , snacks , and water for the trip.
	Bring blankets or warm clothes in case of a breakdown.
	Double-check your driver's licence , vehicle registration , radio licence and insurance disks are up to date.

FOR THE ROAD TRIP

	Share your travel route with someone you trust.
	Plan rest stops every 2-3 hours to stretch and stay alert
	Ensure children are in proper car seats and seatbelts are always fastened.
	Keep hand sanitiser , wet wipes , and rubbish bags within reach.
	Use sunshades or hats for kids sitting in bright sunlight.
	Pack entertainment for kids - books, music, or travel games.

IN CASE OF EMERGENCY

	Pull safely off the road and switch on hazard lights.
	Call for help - local emergency services or roadside assistance. Call local police if there is an accident.
	Know where your fire extinguisher, 2 x warning triangles, wheel spanner and jack are located.
	Use your First Aid kit for minor injuries until help arrives.