

# Heat Safety Traveling Tips

Don't let Arizona's summer heat derail your travel plans!  
Prepare for a safe and fun trip, whether it's a weekend escape or your yearly vacation.

## Prepare for your trip



Have your auto shop perform a routine check throughout the summer and before your trip. Use [ADOT's Extreme Heat Road Kit](#).



Keep a phone charger in your vehicle and your phone charged.



Pack an emergency car and first aid kit including at least one gallon of water per person and instant ice packs.



Before you go, map your route and tell a friend or loved one your plans and arrival time. Use multiple navigation tools, not a single one.

## Travel safely



Carry a water bottle with you at all times. Be sure to continue drinking water throughout your trip to avoid dehydration.



Check your car before exiting. Do not leave children, pets, or those who are in need of special care in a car for any period of time.



Avoid getting overly hungry. Eat snacks high in water content, like watermelon, grapes, apples, or celery.



Stop to take a break and stretch and refill your water every 90 minutes.



Wear sunscreen with SPF 30+ and sunglasses while traveling.



Don't let your gas tank get low. Top off when you have the chance.

