



# QCCANADA Road Travel Preparation Checklist

## Plan & Prep for Travel

- Check ahead for road and weather conditions and mobile coverage prior to travel. Let others know of your route and ETA.
- Leave early to allow plenty of time to arrive at your destination.
- Use a GPS system if possible.
- Stay above ½ tank of gas and check all fluids prior to your trip.
- Check tire inflation on all tires including spare. If traveling in winter, ensure you have good **Winter Rated Tires** all around your vehicle.
- Ensure travel insurance is up to date for all parties. Passports if cross border travelling.



## Vehicle Kit *This is an extensive list for most vehicles. Use it as a guide.*

- |   |   |
|---|---|
| <input type="checkbox"/> <b>QCC Tire chains</b> (Pre-fit prior to travel / stay under 30kmh)                | <input type="checkbox"/> <b>Water-proof matches</b> (For candle, fire starting)                           |
| <input type="checkbox"/> <b>LED Flashlight</b> (Check batteries periodically / Smart phone app)             | <input type="checkbox"/> <b>Ice scraper /brush</b> (Clear visibility on all glass area and lights)        |
| <input type="checkbox"/> <b>Mobile phone &amp; Charger</b> (Essential but charge phone prior to travel)     | <input type="checkbox"/> <b>Winter rated washer fluid</b> (Essential-fill before travel- carry extra)     |
| <input type="checkbox"/> <b>Extra fresh batteries</b> (Check rechargeables -for flashlight, flashers, etc.) | <input type="checkbox"/> <b>Reflective markers, flashers or road flares</b> (For vehicle visibility)      |
| <input type="checkbox"/> <b>Maps</b> (Always good to have as alternative to a GPS)                          | <input type="checkbox"/> <b>Bag of sand or cat litter for traction</b> (Added traction behind tires)      |
| <input type="checkbox"/> <b>Hand Warmers</b> (Have enough for all parties travelling)                       | <input type="checkbox"/> <b>Small gas can</b> (Use if short & safe distance to station. )                 |
| <input type="checkbox"/> <b>Blanket or sleeping bags, thermal blanket</b> (For warmth & insulation)         | <input type="checkbox"/> <b>Small fire extinguisher</b> (For possibility of engine fires)                 |
| <input type="checkbox"/> <b>Water</b> (3 Day supply if possible for all- 4l/day per adult)                  | <input type="checkbox"/> <b>Safety Vest</b> (If venturing outside your vehicle-helps to keep you visible) |
| <input type="checkbox"/> <b>Non-perishable energy food for all</b> (Retain energy & nourishment)            | <input type="checkbox"/> <b>GPS</b> (Very useful for tracking navigation, upcoming services and ETA)      |
| <input type="checkbox"/> <b>Metal cup</b> (For water or for warming with candle)                            | <input type="checkbox"/> <b>Whistle</b> (Useful to add extra volume for emergency calling out)            |
| <input type="checkbox"/> <b>Gloves, boots, headgear and extra clothes</b> (Extra warmth & dryness)          | <input type="checkbox"/> <b>Garbage bags, tissues, toilet paper</b> (For those emergencies)               |
| <input type="checkbox"/> <b>Candle</b> (For warmth, warming, sterilizing)                                   | <input type="checkbox"/> <b>Pet food</b> (Don't forget food for your furry travel companions)             |

## First Aid Kit *Check existing kits for out dated supplies. Consult with your doctor for any specific items. Educate yourself on common treatments prior to travel. Keep all products in a water resistant highly visible container.*

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|---|--|
| <input type="checkbox"/> First Aid Booklet.   | <input type="checkbox"/> Eye wash solution.            |
| <input type="checkbox"/> Antibiotic and 1% hydrocortisone cream, antiseptic wipes, petroleum jelly, burn ointments.                                   | <input type="checkbox"/> Personal hygiene items.       |
| <input type="checkbox"/> Aspirin, ibuprofen, etc. antacids, motion sickness tablets, laxatives, cough suppressant, necessary medicines or medication. | <input type="checkbox"/> Needle, safety pin.           |
| <input type="checkbox"/> Tweezers, pair of scissors, thermometer, pair of latex gloves.   | <input type="checkbox"/> Sunscreen & insect repellent. |
| <input type="checkbox"/> Assorted sized bandages and dressings. Eye pad dressing.   | <input type="checkbox"/> Moleskin for blisters.        |

## Tool Kit *Your tool kit may include the following items. Keep everything in a container or rugged bag.*

Socket wrench kit, tire jack, jumper cables, multi screwdriver, needle nosed pliers, vise grips, wire cutters, pocket knife, tire gauge, small compressor, small shovel, hammer, hatchet, duct or rescue tape, zip ties, extra fuses, rags, lighter, water container, epoxy, silicone sealant, wire, tow rope or chain, tie down straps.

### Tips:

- Keep all kits in their own water resistant container if possible. This will allow you to maintain the inventory of items and keep stored in vehicle for easy access. Keep a copy of this checklist in each kit if possible.
- To avoid carbon monoxide poisoning, be sure to clear exhaust of snow, ice or any other blockage and run the vehicle with windows partially open.
- Avoid super salty, spicy or foods with a lot of sugar. Dried fruit, fruits, veggies, nuts & seeds, fruit bars, cheese sticks, popcorn are good. Watch for allergies.
- Wear a seat belt and do not engage in other activities that can distract you while in control of vehicle.
- If in trouble, Pull out of the roadway as much as possible, try to stay in your vehicle, turn on hazards, call for help and wait for it to arrive. Do not leave a child unattended in or around your vehicle.

### Resources:

<http://www.th.gov.bc.ca/SeasonalDriving/index.html>

**QCCANADA**

[www.qccanada.com](http://www.qccanada.com)

1-888-507-9734

**KEEP THIS LIST IN YOUR FIRST AID KIT AND CHECK ITEMS PRIOR TO TRAVEL –IT MAY SAVE A LIFE!**