

TIPS ON TRIPS

Family Travel Tips For A Fun Vacation

(NAPSA)—Whoever said “there’s no place like home” has never been on a fun family vacation.

If you plan to spend some quality time on the road with your family, here are some tips from travel expert Pauline Frommer.

Safety First!

- Map your route before venturing out. Even GPS systems can be incorrect or outdated.

- Pack a spare tire and take your car for a tune-up if it’s due—especially when planning a long trip.

- Be wary of inclement weather. If possible, depart when the weather is dry. Visit a Web site such as WeatherToPrepare.com to check the weather in advance and get seasonal safety tips.

- Be prepared. Pack a first aid kit, such as RED CROSS® Johnson & Johnson SAFE TRAVELS™ First Aid Kit, which includes 40 essential items, including painkillers and products to help clean cuts and scrapes. There’s also a First Aid To Go! Mini Kit with 10 first aid items that can fit inside a backpack.

Consider The Kids:

- Let your child plan part of the road-trip activities such as games to play in the car, DVD’s to bring, fun places to stop along the way or even where to eat. They’ll be happily occupied and feel more involved in the vacation.

- Collect souvenirs along the way and have your child create a memory book. You can collect anything from pressed flowers and maps to interesting rocks.

- Allot some extra time for your kids to blow off steam. A few extra minutes at each rest stop can save



When packing for a fun family vacation, don’t forget to take the first aid kit.

a lot of headaches in the car.

Fuel Efficiency On The Road:

- Avoid using a roof rack when possible. It creates a lot of extra wind drag.

- Pack lightly—utilizing smart packing techniques, such as the “roll method” can save you some valuable space and pounds.

- Use cruise control when possible to reduce the gas wasted in unnecessary starts and stops.

- Become a member of an automobile club. They can help you plan the shortest route possible and calculate how much to budget for gas.

- If you’re renting a car, consider a hybrid. Most major car rental places offer hybrid models that have much higher fuel-efficiency ratings.

Healthy Eats For The Road:

- Get off the interstate. Many mom-and-pop local restaurants offer healthier fare than the standard fast-food places found at highway rest stops.

- Check out some Web sites that suggest some of the best places to stop along the way.