

# HOW TO SURVIVE A LONG CAR TRIP

**1** Line the seats with a large bath towel or sheet.

The cover will protect the back seat and expedite cleanup later.

**2** Leave early.

Start a long trip early—before dawn—to assure that kids will be sleepy and will nap for the first few hours of the ride. If they awaken at or near rush hour, pull over to avoid traffic and get a break from driving.



*Bring only what you really need.*

**3** Bring along a few key items, but only what you really need.

Essential items include snacks, games, open-ended creative toys, and passive entertainment devices (such as CD players and portable DVD players).

#### 4 Make frequent stops.

Do not expect small children to sit still for more than an hour or two at a time. Make frequent rest stops to switch drivers, stretch, throw a ball, run around, and use the bathroom. These stops also serve to fend off carsickness and keep the driver alert.

## HOW TO PEE AT THE SIDE OF THE ROAD

**1** Pull over.

Find a spot with adequate coverage, usually in the form of bushes or thick trees, that is a safe distance from the road.

**2** Exit the car away from the road.

Leave the door open to further block visibility. Take tissues or napkins with you, if available.

**3** Select a position behind a tree or bush.

Position your child 180 degrees from view of oncoming traffic. In general, boys should pee facing downhill, while girls should pee facing uphill.

**4 Assess the weather conditions.**

Assess the direction of the wind, and position your child to pee with it.

**5 Assemble a “human shield.”**

If there is little or no coverage, line up other members of the family to form a “human shield.”

**6 Keep quiet.**

Do not speak to the family member who is attempting to go. It may be distracting and will only prolong the stop and the trip.



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