

Student Travel Tips

Student travel at school break time can be stressful for the whole family. Whether students are traveling via mass transportation or via their own car, there are safety issues to keep in mind. You can prepare your student for travel by addressing these concerns.

Catching a Bus, Train, or Plane

Students traveling via mass transportation should check schedules and advisories before heading out. Additionally, they should be sure to:

- Make sure they have the necessary identification—two forms is always best, such as a driver's license and a school ID card
- Remember to pack all medications they are on (in their original containers)
- Review specific airline regulations and federal restrictions regarding carry-on items and checked baggage, so they don't have to dismantle anything or throw things out at the airport
- Keep their bags with them at all times
- Carry important documents in front of their body, rather than in a backpack, purse, or messenger bag that someone could easily snatch
- Wait in public spaces where there are lots of people and/or staff members present
- Carry a fully-charged cell phone, if possible, to keep folks abreast of any changes or delays in travel plans
- Carry a small amount of cash in a secure spot and a credit card, if possible, in case of an emergency
- Dress appropriately for their destination



Making the Drive

Students traveling by car should be aware of weather advisories and be prepared accordingly. Specifically, students driving through snowy conditions should:

- Winterize their car before heading out and make sure everything is in working order and ready to go for cold weather conditions
- Allow extra time to reach their destination when the roads are slick and avoid making sudden stops and turns

- Keep their gas tank close to full, so that an unanticipated delay or traffic detour will not be problematic
- Wear a seat belt
- Remember that bridges and overpasses freeze before road surfaces and take extra caution
- Allow additional stopping distance between cars when driving on wet roads
- Keep their windshields and lights clear of accumulations of ice and snow
- Know what to do if they skid on ice or get stuck in snow. (When skidding, counter steer to regain control and then steer the car in the same direction that the rear wheels are sliding. When stuck in snow, remove snow from the area around the tire and spread sand or salt under the wheel instead of spinning the wheels.)
- Use common sense. There are occasions when the best driving decision is to not drive. It's better to be safe and get home a bit later, than to get in an accident.
- Bring a cell phone, if possible, with pre-loaded highway information networks for updates on road conditions, along with emergency contact numbers
- Make sure they have an ice scraper and/or broom for cleaning off their car
- Be aware of alternative routes, in case weather conditions warrant detouring traffic from the main roadway
- Make sure they have extra blankets, warm clothing, and other emergency gear should the need arise
- Try not to travel alone, whenever possible

Source: www.accuweather.com

International Travel

Students traveling internationally should ensure they are prepared for customs checkpoints and have all required documents ready to go. The following websites are great resources for those traveling abroad:

- The U.S. Department of State at <http://travel.state.gov/index.html>.
- The Centers for Disease Control and Prevention (CDC) at www.cdc.gov/travel/index.htm.