

Long Distance Driving

“Another day, another trip but am I prepared?”

Preparation should start 2 days before. It's not hard but it is easy to forget here are a few tips to remember.



A day or two before leaving..

Monday Morning Departure: Be conscious of your activities on the weekend. Too much alcohol will cause dehydration.

Fluids: Keep your fluids up! Dehydration can restrict your blood flow causing your brain to slow down. Reaction times are critical at higher speeds. Let's keep the brain working.

Sleep: We all know what it is but do we ever get enough? Lack of sleep will be more noticeable after 48 hours, so start preparing for your trip a couple of days prior. Rest up!

Some easy tips to follow.....

When to travel: Avoid traveling during normal sleeping times, you only confuse the brain. At dusk and dawn the Kangaroos are feeding and active. If you must travel out of work hours, stop for breakfast at sunrise and dinner at sunset.

Plan where you are going to stop: Before leaving calculate your traveling time and confirm stopping points. This is a good time to get your messages off your phone and touch base with family / friends. (not while you are driving).
Share the driving if possible.

What to eat: Don't have large meals, take some snacks with you. Large meals will cause you to feel heavy and fatigued.

Heating and Cooling: Too much warmth will send you to sleep. Set the temperature on a comfortable setting, "fresh air" not "recycled", put your window down every 20 minutes for a full air flush.

Movement: Keep the blood flowing. During your stops, take a small walk around, do some basic stretches and concentrate on some deep breathing. A few toe touches, full body stretches and some arm windmills will never go astray to wake you up!

Posture: Keep a good posture while driving; a good supported back will reduce aching. Hand at 9 and 3 on the wheel, keep them level with your heart!

Vision: Keep your vision up!!!! Scan the road ahead. Be aware of wild life, the sooner you can see them the quicker you can stop.

Stress: It won't get you there any quicker; it only raises the chances of not getting there at all. Be smart and have a fantastic break

Please feel free to contact us should you require any journey planning tips this festive season