

Family Road Trip Guide


Be Car Care Aware



10-Minute Road Trip Check-Up

by Kelly Williams

Getting the car ready for family travel can take as little as 10 minutes says racecar driver and Be Car Care Aware spokesperson Kelly Williams. Here she lays out the 10-minute check-up to help drivers ensure vehicle safety and reliability before heading out on a road trip.

Summer is fast approaching and Canadians will soon dust off the station wagons and sedans and get ready for a summer road trip. One question they should be asking themselves – ‘Is my car ready for the voyage?’

Deep down, most people know their vehicle should be checked out before hitting the road for the holidays but many people put it off thinking it will take too much time, money and effort. In my experience as a racecar driver and Be Car Care Aware advocate, I tell people the decision to put it off is a bad idea. The truth is, in as little as 10 minutes, motorists can determine if their car is ready for long-distance travel.

Think about the 10 minutes as a down payment on safety and convenience. It's really a small sacrifice compared to the inconvenience and potential hazards of breaking down many miles away from home. Plus, if any repairs or maintenance are needed, a repair shop that knows you and your vehicle can do them.

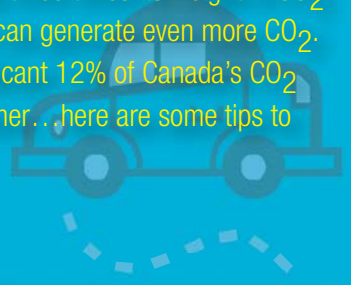
This quick pre-trip inspection will help reduce your chances of costly and potentially dangerous road trouble. Especially important, it provides peace of mind. While no inspection can guarantee a car's performance, it's comforting to know proper precautions were taken.



- 1. Check all fluids:** There are several fluids that require attention, including engine oil, power steering, brake and transmission fluids and windshield washer solvent and antifreeze/coolant.
- 2. Check hoses and belts:** A belt that fails can affect the electrical system, air conditioning and power steering, as well as the cooling system. Cooling system hoses may be deteriorating from within, so old hoses and clamps in marginal condition might need to be replaced.
- 3. Check the tires:** Check tire inflation and also inspect the tread for uneven wear, (indicating the need for wheel alignment). Also look for bulges and bald spots.
- 4. Check lighting:** Check all exterior and interior lighting to identify any problems. Car Care Canada vehicle check-up lanes revealed an overall failure rate of more than 25 percent in the lighting category. When your vehicle's lighting is defective, other motorists may not get the message that you intend to stop or turn. The end result could be disastrous.
- 5. Check the wiper blades and make sure the windshield wipers are working properly:** Keep the reservoir filled with solvent. Worn-out wipers should be checked and replaced if needed prior to a road trip. As a rule of thumb, wipers should be replaced every six months.

Summer Driving and Maintenance Tips to Keep you Safe, Green, Clean and Lean

The average light-duty vehicle produces roughly three times its weight in CO₂ every year. If poorly driven and maintained, it can generate even more CO₂. In Canada, light-duty vehicles produce a significant 12% of Canada's CO₂ emissions. To stay "**Green, Clean and Lean**" this summer...here are some tips to keep in mind:



1. Air conditioning causes vehicles to burn more fuel. Use only when necessary. As a rule, highway driving is a good time to use air conditioning because winding down your windows creates drag – forcing the engine to work harder. In slower moving traffic, running your air conditioning can cause you to burn more fuel than having your windows rolled down.
2. Faster driving burns fuel more quickly. Increasing speeds from 100km/h to 120 km/h will cause a vehicle to consume 20% more fuel and contribute unnecessary CO₂ to the environment. It is also less safe.
3. Cruise control can improve fuel efficiency for most drivers by allowing their vehicles to maintain a constant speed. Cruise control should only be used on dry pavement and on straight roads in areas free of heavy traffic.
4. If you idle your car more than 10 seconds, it burns more fuel than it takes to restart the engine. As a guideline, if you're going to be stopped for more than 60 seconds - except in traffic - turn the engine off. Unnecessary idling wastes money and fuel, and produces greenhouse gases that contribute to climate change.
5. Tire inflation should be checked at least once a month for the operation of your vehicle and to improve fuel efficiency. Each 5% (typically 14 kPa or 2 psi) of under inflation translates into 1% of increased fuel consumption. Annually, improper tire maintenance causes 1.5 million tonnes of CO₂ to be released into the environment and is estimated to cost Canadian light duty vehicle owners almost 643 million litres of fuel annually. At \$0.79 per litre for regular unleaded gasoline, that amounts to more than \$500 million a year in wasted fuel!
6. A poorly maintained vehicle can boost fuel consumption by up to 15% and greenhouse gas emissions by even more.
7. Keeping your brakes in good shape also affects your fuel efficiency in addition to being a safety issue. Worn out brakes can drag (they don't let go properly when you release) causing the vehicle to work harder and burn more fuel.



COMMON SENSE ROAD TRIP TIPS

Avoiding the Question “Are We There Yet?”

Amusing Your Kids for a Long Trip

We live in a world of electronics. Hand-held games for youngsters are often seen as a pacifier for our kids as we drive. But try to leave the electronics aside and designate portions of the drive as non-plugged in time to create an interactive, family bonding experience. There are a series of fun and interactive games for driving trips. For starters, parents can take a trip down memory lane and introduce their children to favourite road trip games:

THE GREAT CANADIAN LICENSE PLATE GAME

See the last page of this guide for instructions and a worksheet, including pictures of all Canadian provincial and territorial plates.



ROCK-PAPER-SCISSORS



The Game is played where the players substitute the three elements of Rock, Paper and Scissors with hand signals that are delivered all together by the players.

The outcome is determined by the following trio of possibilities (Rock wins against Scissors, Scissors wins against

Paper and Paper wins against Rock).

I-SPY

Play this game with at least two players.

Step 1: Look around and silently select an object that can be seen by all the players.

Step 2: Say, "I spy with my little eye," and then give a description of the object, such as "something that is big", "something that is round" or "something that is blue".

Step 3: The other players take turns trying to guess what the object is.

Step 4: The player who correctly guesses the selected item picks the next object, or take turns in order.



Many companies have created handheld versions of popular board games adapted for travel.

Finally, if electronics is a must in your car, be sure to remember proper power adapters for video games and most importantly headphones to ensure sanity for all.



PUNCH BUGGY

Participants hit each other upon sight of a Volkswagen Beetle. Two points is rewarded for an older style Beetle, and one point is rewarded for a newer style Beetle.

NAME THAT TUNE

One person hums a tune, and the others have to guess what the tune is. (Variations include theme songs to TV shows, commercials or holiday songs.)



TWENTY QUESTIONS

One person thinks of an object, place, or thing, and then everyone else gets to ask 20 questions about it until they get it right.

FAMILY MEALS ON THE GO



Ensure you pack plenty of easy and healthy snacks and drinks. This will save you money and give you control over meal stops.

Divide snacks and meals into portions in reusable plastic containers so kids will have less spilling and sharing issues, making for a much happier ride.

Balance your snacks between healthy snacks and “treats” such as chocolate, candies and chips.



If you are traveling far, plan a lunch picnic. Use the Internet to find parks along the way. This will allow the kids to run around and burn off some energy and get refreshed.

When choosing fast food, avoid sloppy foods such as chili, fries with gravy and especially dairy products, which can get quite nasty if left in the car.



After preparing snacks, place them all in a central cooler bag to make snacks easy to find. It also provides a great place for empty or disposable containers.

To manage waste and garbage purchase car accessories such as clip-able garbage bags and extra cup holders.



One lifesaver is baby wipes for all categories of spills – on the car or on a child.

Do it Yourself Road Trip First Aid Kit

Here is a DIY list that you can add to where you find the need. It is important to think about your requirements and pack what you need in small portions:

- Anti-Nauseant (Gravol)
- After Bite
- Bug Spray
- Bandages
- Disinfectant spray
- Anti-Bacterial ointment
- Gauze
- Pain Medication



- Antihistamine
- Sun screen (SPF 30 minimum)
- Antiseptic wipes for cleaning wounds
- Hand sanitizer
- Thermometer
- Medication
- Health Cards



Road Side Safety & Emergency Kit

This kit is for peace of mind during a roadside emergency or breakdown:

- Flares
- Blankets
- Lighter / Matches
- Flashlight with batteries
- An emergency cell phone
- Booster cables / Bungee cord
- Screwdriver
- Bottle of Water / Snack
- Tire pressure guage
- Windshield washer fluid
- Compact shovel
- Duct tape
- Fire extinguisher
- Good quality map
- Roadside-assistance phone number



GREAT CANADIAN LICENSE PLATE GAME WORKSHEET

All you need is a pen!

To play, see how many different provincial license plates you can find on your trip and check them off your list. You can work together as a team or compete against one another. Check the box beside each plate once you have seen it. Also, you can play “guess the vanity license plate” at the same time, or as a separate game altogether.



BRITISH COLUMBIA



ALBERTA

SASKATCHEWAN

MANITOBA

ONTARIO

QUEBEC

NOVA SCOTIA

NEW BRUNSWICK

PRINCE EDWARD ISLAND

NEWFOUNDLAND & LABRADOR

NORTHWEST TERRITORIES

YUKON

NUNAVUT





About The Be Car Care Aware Program

Be Car Care Aware is a consumer education campaign about the benefits of regular vehicle care, maintenance and repair. The campaign's goal is to build awareness and knowledge to prepare consumers to make sensible decisions about their vehicles. Built around three key message areas of dependability and safety, protecting the environment and enhancing and maintaining vehicle value, the campaign is spearheaded by Car Care Canada.

The goals of the campaign are to build awareness and knowledge to prepare consumers to make sensible decisions about their vehicles. As awareness builds, consumers will take action, thus reducing vehicle neglect. Reversing unperformed maintenance will benefit consumers by increasing their vehicle dependability and longevity, as well as maintaining or increasing the value of their vehicle. It will also increase profitability in the aftermarket, conserve energy, improve highway safety and benefit the environment by lowering greenhouse gas emissions.

For vehicle safety and maintenance tips, please visit

www.carcarecanada.ca

This message is brought to you by Car Care Canada with support from Natural Resources Canada.

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