

Driving abroad checklist:

Wherever you're driving here are some basic safety tips to help keep you safe on the roads:

- ✓ **Always plan your journey in advance and check the conditions and safety of the roads**
- ✓ **Make sure everyone in the car is wearing a seat belt**
- ✓ **Never drink and drive**
- ✓ **Never use a mobile phone while driving**
- ✓ **Avoid driving at night in areas with poor roads or lighting**
- ✓ **Don't overload your vehicle (if you've got a full car you should allow more time and distance for braking)**
- ✓ **Don't drive if you're tired**
- ✓ **If you're driving somewhere remote or hot take a bottle of water and some food with you in case you get lost or break down**