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Here are some tips to help combat these travel-related problems and also keep the people at home happier in your absence:

-Get extra sleep the week before you depart and during the trip. If possible, stay on the same time schedule that you're on at home. Even the change of an hour either way can make a difference in your energy levels.

-Eat a balanced diet and try to exercise while you're gone. If you change altitudes, eat and exercise in small amounts at first. People feel fatigued during the first 24 to 36 hours in a higher altitude.

-Plan ahead so you leave the office well organized instead of in the sort of disarray that will increase stress when you return.

-Call home frequently. This is a good investment for both you and your family.



-If you know you'll be traveling a great deal, a thorough physical can help head off potential problems. See your family doctor for advice.

Be cautious about traveling during a winter storm. Follow these tips from the CDC:

-Listen for radio or television reports of travel advisories issued by the National Weather Service.

-Do not travel in low visibility conditions

-Avoid traveling on ice-covered roads, overpasses and bridges if at all possible.

-If you must travel by car, use tire chains and take a mobile phone with you.

-If you must travel, let someone know your destination and when you expect to arrive. Ask them to notify authorities if you are late.

-Check and restock the winter emergency supplies in your car before you leave.

-Never pour water on your windshield to remove ice or snow; shattering may occur.

Don't rely on a car to provide sufficient heat; the car may break down.

Always carry additional warm clothing appropriate for the winter conditions.

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