

Well before leaving:

- Make sure your name and phone number are on all items susceptible to being lost or stolen

Listen to the radio and/or watch TV for:

- Traffic conditions
- Weather forecast - so you can wear appropriate clothing and take appropriate gear

If you intend to drive:

- Obtain maps (e.g., mapquest.com)
- Consider whether you need to allow time to get gas before reaching your destination
- Plan to get gas at a time and place that is safe, convenient and economical

Shortly before leaving:

- Apply sunscreen approx. 30 minutes before going out in the sun
- Don't take anything you won't need and don't want to lose, e.g., some items in your wallet
- Set the VCR
- Let someone (living with you or near you) know where you're going and when you expect to be back
- Set lights to make residence appear occupied - to help prevent burglaries
- Close and lock windows - to keep rain, burglars out
- Close and lock doors - to keep rain, burglars out

If you would like to let someone know where you're going:

- Leave a message on someone's answering machine

Right before leaving:

- Take/check list (s) of things to buy, get, do

Take:

- Sunscreen/sunblock - approx. 7, 000 people die in U. S. each year from skin cancer
- Hat - to protect your head and neck from sun exposure
- Identification - in case you become sick or injured
- Medical information - in case you become sick or injured
- Set security system (s)