



# HOT WEATHER TRAVEL

Best practice advice when travelling in hot weather

- ✔ Give children plenty of cool fluids, preferably water, and offer them regularly.
- ✔ Dress children in lightweight, light-colored clothes to help them stay cool, especially if the car doesn't have air conditioning.
- ✔ Adjust the car seat harness to fit the child's clothing properly. Make sure it's snug each time you put the child in the seat.
- ✘ **DO NOT** use the hood of a rearward-facing seat in the car, as it can reduce airflow around the baby's head. Use a visor or sunshade on the passenger car window instead, to protect the baby from the sun.





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- ✓ Take breaks every 2 hours to get out of the car and stretch. This includes taking the baby out of the car seat and letting them have a stretch too.
- ✓ Check the fit of the children's harnesses when you get back in the car.
- ✓ Plan trips during the cooler parts of the day.
- ✓ Cool the car down as much as possible before putting the child in it.
- ✓ Whenever you can, park in the shade or undercover to avoid direct sunlight heating up your car.