

# Travelling by car

Travelling long distances by car can be tiring for everyone, so make sure you plan lots of regular breaks. Make time for toilet stops, food, exercise and fresh air so that your heart child stays comfortable.

- Take games and books to keep everyone occupied
- Make sure you have snacks and lots of water
- Have cool bags with ice packs for transporting certain medicines
- Keep the car ventilated on hot days and warm on cold days
- Have breakdown cover to hand
- Keep your phone charged for emergencies
- Take spare clothes for spillages and accidents