



## summer survival kit



### Let's GO!

Summer can be cold, hot, buggy, stormy, AND a lot of fun! It's a good idea to be prepared for most situations and create a **summer survival kit** for your vehicle to protect yourself and your family. Whether it's a cross-country vacation or a day at the beach, have items handy for your personal needs wherever you travel.

45%

*of Americans take a summer vacation.*

Source: [www.statisticbrain.com/summer-vacation-travel-statistics](http://www.statisticbrain.com/summer-vacation-travel-statistics)

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## Be Road Ready!

- **Plan ahead** - have your vehicle serviced for brakes, fluids, belts, hoses, and oil.
- **Check tire condition and pressure** - have a tire pressure gauge, a working spare tire, and a jack.
- **Have a physical map or directions** - incase cellular coverage is spotty.
- **Stay gassed up** - always fill up — even if you have half a tank.
- **Keep a car emergency kit:**
  - flashlight
  - fresh batteries
  - first-aid supplies
  - drinking water
  - non-perishable snacks
  - jumper cables
  - gloves
  - rain poncho
  - basic tool kit
  - duct tape
  - emergency flares/reflectors
  - rags or paper towels



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### Be Prepared!

- **Medications** - for pain, nausea, and easing itching discomfort.
- **Snacks** - that can handle the heat.
- **Chargers** - for all electronics. Include a solar-powered charger.
- **Sun protection** - sunscreen, sunglasses, and hats.
- **Bug spray and repellent.**
- **Umbrella** - for rain or shade.
- **Soft-sided insulated bag** - to keep food items from getting too hot.
- **Bag or basket** - to carry and store your summer survival kit items.

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### Be Comfortable!

- **Water bottles** - for everyone that can easily be refilled.
- **Folding camp chairs** - for outdoor events or gatherings.
- **Beach towel or blanket** - for cooler days, sitting on the beach or grass, or covering your car seats when you have a wet dog or kids.
- **Tissues & wet wipes** - for runny noses, dirty fingers, and messes.
- **Hand sanitizer** - the pumps fit nicely in a door pocket or cupholder.
- **Trash collector** - add a small garbage bin or reuse grocery bags.



# exercise of the month



## Pigeon

### Outer Hip Stretch

Sitting tall, place left (right) ankle on top of right (left) knee.

Gently press down on the inside of left (right) knee.

Hold for 3 - 5 deep breaths.

For a deeper stretch, hinge from the hips leading with crown of head.

*Repeat on other side.*

**MODIFICATION:** Clasp your hands just below knee and draw knee toward opposite shoulder.



*Regular movement is fundamental to good health. Moving or changing postures every **30 minutes** is recommended.*