



# Institute of Advanced Motorists

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## Fact Sheet 08/001

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### HOLIDAY DRIVING IN THE UK

Motoring holidays should be enjoyable but they can be spoilt if you and your car aren't properly prepared for the journeys that are involved. By following these simple IAM guidelines, your driving will be easier and safer.

- Modern cars are not infallible so make sure your car is properly roadworthy before you set off on holiday and remember to carry out the **POWER** check every day:-

**P**etrol

**O**il

**W**ater (including screen washers)

**E**lectrics (lights, indicators, horn etc)

**R**ubber (including wiper blades)

- Overloading the car is dangerous. If all your luggage doesn't go in the boot, use a properly fitted roof rack. A loaded roof rack (and even an empty one) will add to the wind resistance and increase your fuel consumption, so keep an eye on the fuel gauge.
- Find somewhere safe, legal and convenient to stop to take a break with some exercise at least every two and a half-hours. Frequent short stops are better than one long stop. Avoid heavy meals **and alcohol** before or during your journey. It may be worth travelling overnight but not after a day's work and it's always a help if you can share the driving with someone else.
- Plan your route before you set off and get someone else do the map reading for you.
- Additional traffic on holiday routes may cause severe congestion in some places. Over-estimate how long it's going to take you and leave enough time to get to where you are going.
- Keep calm. Getting frustrated with the inevitable traffic congestion won't get you there any quicker. If you can, travel during off-peak times. Always be careful and courteous.
- Keep your car radio tuned into the RDS mode for up to date travel information