

READY, SET, GO! PREPARING FOR SUMMER TRAVEL



Whether you're hitting the road, flying across the country, or exploring local gems, a little preparation can go a long way in keeping your summer travels stress-free and healthy.

Pack a Healthy Travel Kit

- Hand sanitizer (60% alcohol or more)
- Sunscreen (SPF 30+)
- Reusable water bottle
- Healthy snacks (nuts, fruit, granola)
- First aid basics (bandages, pain reliever, motion sickness meds)



Eat Well on the Go

- Choose fresh options at rest stops or airports: fruit cups, yogurt, or salads.
- Avoid skipping meals—pack snacks to curb hunger and avoid impulse junk food.
- Stay hydrated! Especially when flying or in hot weather.



Travel Safely.

- Buckle up, take breaks on long drives, and switch drivers if possible.
- Practice pedestrian safety in unfamiliar cities.
- Stay alert in the heat: know the signs of heat exhaustion (heavy sweating, paleness, muscle cramps, fatigue, weakness, dizziness, headache, nausea, and a fast, weak pulse).

Protect Your Health

- Check for travel vaccine or health alerts at CDC Travel Health
- If traveling internationally, make sure routine vaccinations are up to date.
- Wash hands frequently—especially before eating and after public places.



Don't Forget to Rest!

- Aim for quality sleep—even on vacation.
- Plan buffer time in your itinerary to avoid burnout.

For more information on travel safety, visit:
wwwnc.cdc.gov/travel/page/health-during-trip



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