

Sometimes the journey is longer than expected, stay hydrated and keep your energy levels up by having a light snack



Keep a compact umbrella in your car; rushing in the rain often leads to slips and falls



First aid kits are essential for your medical emergencies while a pocket knife and a can of lubricant can assist with mechanical emergencies



Prepare yourself for emergencies after dark with a torch and spare batteries



Jumper cables, a spare tyre with repair tools and a few extra litres of fuel are must haves you should never leave home without

