

Tip Sheet – A Checklist for Taking a Safe Road Trip During Covid-19

Here's a checklist on how to safely road-trip this summer during the pandemic.

1. Choosing a destination

- ☐ Before choosing a destination, even in Canada, determine whether you will be required to quarantine for 14 days once you arrive there.

2. Plan your route and location.

- ☐ Map out which roadways and provinces you will pass through so you can check on relevant travel advisories, such as changes to rest-area facilities.
- ☐ Plan and map out in advance where you will get gas, how long you'll drive each day and what time of day you'll be passing through higher traffic areas.
- ☐ Call ahead to confirm local attractions and hotels are open so you can understand capacity limits and make reservations where possible.
- ☐ Confirm reservations for any overnight stays.
- ☐ If you are planning to eat in a restaurant be sure to call ahead and see if it is open and whether there is a longer-than-usual wait time because of reduced capacity.

3. Ensure your overnight stays will be safe.

- ☐ Check with your hotel to find out what their protocols are for cleaning and sanitizing and their plan is for protecting guests and staff.
- ☐ Ask the hotel if they have a plan for anyone who falls ill, e.g. access to Covid testing or local medical facilities.
- ☐ Ask for a room that has been vacant for a few days to minimize the risk from a previous guest.
- ☐ Ask if there is contactless check-in and check-out.
- ☐ When you arrive, consider sanitizing your room – especially the high touch surfaces such as light switches, door handles, TV remotes, flat surfaces on which you'll rest your belongings and bathroom fixtures.
- ☐ If you can, open the windows for ventilation.
- ☐ Fold bedspreads and store in a closet as they may not be cleaned frequently.
- ☐ Order room service instead of eating in a restaurant. If you order room service, ask for contactless delivery.
- ☐ Decline housekeeping services to minimize the number of people in and out of your room.

4. Prepare your vehicle.

- ☐ Service your vehicle before setting out on a trip and have the mechanic inspect it for any issues.

- ☐ Check the tires to ensure there is sufficient tread for safe driving.
- ☐ Ensure that the spare tire is fully inflated and there is a jack in the car.
- ☐ Pack an [emergency kit](#) in your car, including a first aid kit and an extra key.

5. Pack to protect and sanitize.

- ☐ Pack hand sanitizer, disinfecting wet wipes, sanitizing wipes, sanitizing spray, extra face masks, disposable gloves, and sealable disposable plastic bags and tissues.
- ☐ Ensure you have all your travel documentation, including any health insurance information you might need.

6. Take proper precautions at rest stops and gas stations.

- ☐ Try not to touch anything at rest stops. Wear gloves (or substitute plastic sandwich bags) as a barrier between your skin and restroom surfaces.
- ☐ Wear a mask if you cannot socially distance (at least 6 feet or 2 metres).
- ☐ Wash your hands well and use hand sanitizer and be careful not to touch anything afterwards.
- ☐ If there is an exit door in the public restroom, use a piece of paper towel to touch the door handle, and then dispose of it.
- ☐ When pumping gas, use disposable gloves (or plastic sandwich bags) instead of wiping down the nozzle, keypad and touch screens, and then dispose of them in the trash.
- ☐ Try using your knuckle instead of your fingertips to press buttons, and finish with hand sanitizer.

7. Avoid using cash and try to use touchless payment options*

- ☐ As much as possible use touchless payment options, not cash.
- ☐ If you must use cash, place it on the counter rather than handing it directly to the cashier.
- ☐ Do not touch your face after handling paper money and coins.
- ☐ Use hand sanitizer after all transactions.

[*Centers for Disease Control and Prevention](#)

8. Dining – Sanitize your space before you eat.

- ☐ Plan for avoiding contact with others by packing refreshments and snacks to enjoy on the road.
- ☐ If eating restaurant food, consider drive-through or curbside pick-up as options to avoid as much contact with others as possible.
- ☐ If eating in a restaurant is unavoidable, wipe your table with a disinfectant wipe and use hand sanitizer afterwards.
- ☐ If you must buy food and supplies, follow all recommended precautions, including wearing a mask.

References:

<https://viewfinder.expedia.com/expedia-2020-summer-travel-report/>

<https://www.aarp.org/travel/travel-tips/safety/info-2020/road-trip-safety-during-coronavirus-pandemic.html>

<https://www.businessinsider.com/how-to-road-trip-safely-during-coronavirus-checklist-2020-6>