

## Personal Safety Plan when Caravaning

A **Personal Safety Plan** when caravaning is vital to ensure your well-being and security during your travels. This plan helps you stay prepared for any situation, from health emergencies to security concerns or natural disasters.

### 1. Emergency Contact & Communication

- ☐ **List of Emergency Contacts:**
  - Ensure that you and everyone traveling with you have a list of emergency contacts (family, friends, neighbours).
  - Share your travel itinerary and expected routes with someone you trust.
- ☐ **Local Emergency Numbers:**
  - Know the emergency phone numbers for fire, ambulance, police, and roadside assistance for the areas you'll be traveling through.
- ☐ **Mobile Phone:**
  - Keep your phone charged and ensure you have a power bank or portable charger as backup.
  - If traveling in remote areas, consider getting a satellite phone or GPS messenger for communication when there's no mobile signal.
- ☐ **Communication Plan:**
  - Establish a regular check-in schedule with someone back home to inform them of your whereabouts and any changes in your plans.

### 2. Health & Medical Safety

- ☐ **First Aid Kit:**
  - Carry a comprehensive first aid kit that includes bandages, antiseptic wipes, painkillers, personal medications, tweezers, scissors, and a thermometer.
  - Make sure the kit is easily accessible and well-organised.
- ☐ **Personal Health Information:**
  - Keep a record of any chronic conditions, allergies, or medications you or your travel companions take.
  - Include emergency medical information such as blood type, medical history, and emergency contacts in a visible place.
- ☐ **Medical Supplies:**
  - Stock up on any prescription medications and carry enough for the entire trip.
  - Consider carrying an emergency supply of over-the-counter medications (e.g., pain relievers, antihistamines).
- ☐ **Health Monitoring:**
  - Monitor your health regularly (especially when traveling in extreme climates or at high altitudes) and be aware of symptoms of dehydration, heat exhaustion, or altitude sickness.

### 3. Fire Safety & Prevention

- ☐ **Fire Extinguishers:**
  - Keep a fire extinguisher both in your caravan and tow vehicle. Make sure they are easily accessible and in working condition.
- ☐ **Smoke & Carbon Monoxide Detectors:**
  - Ensure smoke and carbon monoxide detectors are installed in the caravan and functioning. Test them regularly.
  - Check the battery levels and replace batteries as needed.
- ☐ **Fire Safety Procedures:**

- Learn how to use the fire extinguisher and establish a fire evacuation plan for your caravan.
- Always turn off cooking appliances, heating systems, and gas bottles when leaving the caravan unattended.

☐ **Preventing Fires:**

- Avoid using open flames inside the caravan (e.g., candles or lanterns).
- Keep combustibles (e.g., paper towels, clothing) away from hot surfaces.

#### **4. Security & Theft Prevention**

☐ **Locking Systems:**

- Always lock doors and windows when leaving the caravan or going to sleep.
- Use security devices such as hitch locks, wheel locks, or caravan alarm systems to deter thieves.

☐ **Valuables:**

- Keep valuables (electronics, money, important documents) hidden or locked in secure compartments.
- When leaving the caravan unattended, take your valuables with you if possible.

☐ **Camping Area Security:**

- Choose well-lit, populated areas when setting up camp and avoid secluded spots.
- Stay alert and aware of your surroundings, particularly when approaching unfamiliar campsites.

☐ **Night Safety:**

- If you're staying in an unfamiliar area, ensure the campsite or parking area is safe and reputable.
- Carry a flashlight or headlamp with you at night and make sure your campsite is well-lit.

#### **5. Weather & Environmental Safety**

☐ **Weather Monitoring:**

- Stay updated on weather forecasts for your travel region. Use apps or local news to track any severe weather warnings (e.g., storms, heatwaves, floods).

☐ **Severe Weather Plans:**

- Have an emergency plan for dealing with extreme weather conditions (storms, high winds, extreme heat/cold).
- Know how to secure your awning, cover vents, and ensure your caravan is stable during bad weather.

☐ **Heat Safety:**

- If traveling in hot climates, drink plenty of water and avoid excessive sun exposure. Use sunscreen and wear light, breathable clothing.
- Keep the caravan well-ventilated and consider using a portable fan or air conditioning for comfort.

☐ **Cold & Winter Safety:**

- In cold or winter conditions, monitor your caravan's heating system and ensure you have extra blankets or sleeping bags.
- Keep your water pipes insulated to prevent freezing, and regularly check that your gas bottles are not running low.

## 6. Navigation & Road Safety

- ☐ **Route Planning:**
  - Always plan your route in advance, especially if traveling to remote or less-populated areas.
  - Use a GPS or map and ensure your device is fully charged. Carry a paper map as a backup.
- ☐ **Vehicle Condition:**
  - Regularly check the condition of your tow vehicle and caravan, including Tyres, lights, brakes, and fluid levels.
  - Carry essential tools for minor repairs, including a spare tire, tire-changing kit, and jumper cables.
- ☐ **Driving Safety:**
  - Follow all road safety rules and adjust your speed according to the towing conditions.
  - Take regular breaks to avoid driver fatigue and be cautious when driving in unfamiliar or hazardous conditions.

## 7. Personal Safety & Well-being

- ☐ **Self-Defence:**
  - Carry or Stowe personal safety devices, especially when traveling alone or in remote areas.
  - Be cautious when interacting with strangers or unfamiliar individuals and trust your instincts.
- ☐ **Mental & Emotional Health:**
  - Caravanning can be a long and sometimes stressful experience. Take time to relax, practice mindfulness, and enjoy the journey.
  - If traveling with others, ensure that everyone is emotionally comfortable and communicate openly about any concerns or needs.
- ☐ **Fatigue Management:**
  - Take regular breaks during long drives to avoid fatigue and reduce the risk of accidents.
  - Get adequate rest each night and avoid driving if you're feeling overly tired.
- ☐ **Safety Protocol for Children:**
  - If traveling with children, establish clear safety rules (e.g., wearing seatbelts, staying inside the caravan when stationary).
  - Teach children how to recognise emergency exits and how to use emergency equipment (fire extinguishers, first aid kit).

**8. Emergency Evacuation Plan**

- ☐ **Evacuation Route:**
  - Know multiple evacuation routes in case of an emergency (fire, flood, or other hazards).
  - Familiarise yourself with emergency exits in your caravan and have an alternative escape plan.
- ☐ **Emergency Supplies:**
  - Keep emergency supplies like water, non-perishable food, flashlights, batteries, and blankets in an easily accessible location.
- ☐ **Headcount & Accountability:**
  - Establish a headcount process to ensure everyone is accounted for in case of evacuation or an emergency.
  - If you're traveling in a group, make sure everyone knows the meeting point in case of separation.
- ☐ **Emergency Locating Beacon:**
  - Have a Personal Locating Beacon for remote areas in case of an emergency event such as a heart attack or severe accident.

**Disclaimer**

This material is provided for the purposes of general information and understanding and should be used as a guide only. It should not be used as a substitute for expert guidance or specific advice as offered by a qualified professional.