

Holiday Travel Tips: Whether you're Traveling by Road or by Air, be Safe and Responsible

[CDC Travel Tips for Driving:](#)

Protect Your Passengers

Whenever you're on the road this holiday season, remember to always buckle up. Wearing your seat belt can reduce your risk of dying in a crash by about half. Also, make sure your young passengers are buckled into appropriate safety seats. The safest place for children of any age to ride is properly restrained in the back seat. Data show that child safety seats reduce the risk of death in car crashes by 71% for infants and 54% for toddlers ages one to four.

[Learn more about child passenger safety and CDC's research and activities in this area.](#)

Celebrate Safely

During the holiday season, and year-round, take steps to make sure that you and everyone you celebrate with avoids driving under the influence of alcohol. Following these tips can help you stay safe:

- **Plan ahead.** Always designate a non-drinking driver before any holiday party or celebration begins.
- **Take the keys.** Don't let friends drive if they are impaired.
- **Be a helpful host.** If you're hosting a party this holiday season, remind your guests to plan ahead and designate their sober driver; offer alcohol-free beverages; and make sure all of your guests leave with a sober driver.

[Learn more about alcohol-impaired driving](#) and CDC's research and activities in this area.

Know That Parents Are the Key

This holiday season, and throughout the year, talk with your teen about the dangers of driving—and keep the conversation going. CDC also encourages you to take these steps to help keep your teen driver safe:

- **Extend your teen's supervised driving period.** Help your teen develop the skills he or she needs by providing as many supervised practice driving hours as possible. Include at least 30 to 50 hours of practice over at least six months. Make sure to practice on a variety of road conditions and at different times of day.
- **Set the rules of the road.** Practicing driving will empower your teen. But your rules will provide much needed limits to keep him or her safe. Support the rules that most states have for new teen drivers by including the following:
 - **Make sure your teen always wears a seat belt.**
 - **Limit your teen's nighttime driving.**
 - **Restrict the number of teen passengers allowed in the car.**
- **Enforce the rules with a Parent-Teen Driving Agreement**  [PDF - 215 KB]. Discuss your rules of the road with your teen. Talk about why they are important to follow, as well as consequences for breaking the rules. Work with your teen to draft and sign a parent-teen driving agreement. You may choose to hang yours on the refrigerator door to highlight the importance of safe driving. Let your teen know that following the rules and driving safely will result in greater driving privileges.

TSA Holiday Travel Tips for Flying:

- **TSA Pre✓™ Expedited Screening:** This program prescreens individuals - traveling on participating airlines out of select airports - who volunteer information about themselves prior to flying in order to potentially expedite the screening experience. At the checkpoint, participants may receive screening benefits including leaving on shoes, light jackets and belts.
- **Screening Procedures for Passengers 12 and Under:** TSA has implemented modified screening procedures for passengers 12 and under that allow such passengers to leave their shoes on through the security checkpoints.
- **Screening Procedures for Passengers 75 and Older:** TSA has implemented modified screening procedures for passengers 75 and older. Changes are similar to screening procedures for passengers 12 and under and improve screening by better focusing resources on passengers who may be more likely to pose a risk.
- **TSA Cares Helpline:** Travelers with disabilities or medical conditions may call 1-855-787-2227 toll free with questions about screening policies and procedures as well as what to expect at the security checkpoint. When a passenger calls TSA Cares, a representative will provide assistance either with information that is relevant to the passenger's specific need or the passenger may be referred to disability experts at TSA.
- **Traveling with Snow Globes:** Snow globes that appear to contain less than 3.4 ounces (approximately tennis ball size) will be permitted if the entire snow globe, including the base, is able to fit in the same one clear, plastic, quart-sized, resealable bag, as the passenger's other liquids, such as shampoo, toothpaste and cosmetics.

Additional Information:

The 3-1-1 Policy for Liquids, Gels, and Aerosols

Liquid explosives still pose a threat and for that reason TSA limits the amount of liquids passengers can safely carry through the security checkpoint. This limitation applies only to carry-on bags. Larger quantities of liquids, gels, and aerosols can be safely packed in checked baggage.

Here are the rules:

- 3.4 ounces (100ml) or less for all liquids, gels and aerosols; placed per container in a
- 1 quart-sized, clear, plastic, zip-top bag to hold all small bottles;
- 1 bag per passenger placed in a screening bin

Larger quantities of breast milk/baby formula and medically necessary liquids are permitted but must be presented to an officer for further inspection. For more information on traveling with medically necessary liquids, [click here](#).

Items that are purchased after the security checkpoint have been prescreened and can be taken on the plane.

Traveling with Food or Gifts

When it comes to bringing items through checkpoints, we've seen just about everything. Traveling with food or gifts is an even bigger challenge. Everyone has favorite foods from home that they want to bring to holiday dinners, or items from their destination that they want to bring back home.

Not sure about what you can and can't bring through the checkpoint? Here's a sample list of liquid, aerosol and gel items that you should **put in your checked bag, ship ahead, or leave at home if they are above the permitted 3.4 oz.**

- Cranberry sauce
- Cologne
- Creamy dips and spreads (cheeses, peanut butter, etc.)
- Gift baskets with food items (salsa, jams and salad dressings)
- Gravy
- Jams
- Jellies
- Lotions
- Maple syrup
- Oils and vinegars
- Perfume
- Salad dressing
- Salsa
- Sauces
- Snowglobes
- Soups
- Wine, liquor and beer

You can bring **pies and cakes** through the security checkpoint, but please be advised that they are subject to additional screening.

While **wrapped gifts** are not prohibited, if a bag alarms our security officers may have to unwrap a gift to take a closer look inside. We recommend passengers wrap gifts after their flight or ship them ahead of time, to avoid the possibility of having to open them during the screening process.

Please note that **items purchased after the security checkpoint** have been prescreened and can be taken on the plane.