

# OPRAH & GAYLE'S **BIG** ADVENTURE

## Road Trip Essentials

Be prepared for anything and everything when planning a cross-country road trip. Take it from Oprah and Gayle—you never know when you'll need a church dress, a clean set of sheets or earplugs powerful enough to drown out a noisy passenger.

### Transform your car into a one-stop shop!

- Journal:** When you don't have a camera crew nearby, keeping a journal is a great way to remember quirky roadside attractions and hilarious mishaps.
- Books:** Inspire a sense of adventure by reading classics like Jack Kerouac's *On the Road*.
- Magazines:** Take the quizzes, read the articles and then trade off with your travel companion.
- Healthy snacks:** Dining on gas station grub can take a toll on your tummy. Stock up on fruit, granola bars and bottled water before leaving home.
- Digital camera:** Snap hundreds of photos, and then delete the ones from the day you didn't shower.
- Road trip soundtrack:** Create a CD with songs inspired by the open road like "Route 66" by Nat King Cole and "On the Road Again" by Willie Nelson.
- XM Radio:** Sing along to love songs like Gayle or tune into the *Oprah & Friends* channel!
- Navigation system:** Invest in AAA's TripTik—or a GPS navigation system so you can call someone for help when you hit a dead end.
- Travel games:** When boredom becomes unbearable, bust out a trivia game or a magnetic chess set.
- Headphones:** If you're a country gal traveling with a rocker chic, headphones can keep the radio warfare to a minimum.
- Ear plugs:** Can't stand your passenger's singing voice? Take it from Oprah, ear plugs can save a friendship.
- One nice outfit:** You never know when you'll need to crash a few weddings.
- Pillow:** You never know what you'll find when you pull back the sheets at a roadside motel.
- Sheets:** If you're going to sleep with cooties, they might as well be *your* cooties.
- Toilet paper:** When nature calls 50 miles from the closest rest stop, you'll be prepared.
- Sunscreen:** Windows won't protect you from harmful UV rays. Slather on SPF 15 or higher.
- Dramamine:** Winding mountain roads can wreak havoc on a weak stomach.
- Travel alarm clock:** Don't sleep through your hotel's free continental breakfast!
- Spare tire:** A spare won't do you any good if you don't know how to change a tire, so throw in a how-to guide just in case.
- Jumper cable:** Help stranded motorists or help them help you!