



Stranded in the desert or car breakdown

A breakdown on a busy road or a remote desert track can quickly become dangerous, especially in extreme heat. This page helps you prepare your car, stay safe while you wait and get help to find you.

CHECKLIST

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| ☐ Drinking water, plenty for every passenger | ☐ Booster cables |
| ☐ Non perishable snacks | ☐ Warning triangle or flares |
| ☐ Phone charger and backup battery | ☐ Road map |
| ☐ Torch with spare batteries | ☐ Blanket |
| ☐ First aid kit | ☐ High visibility or reflective vest |
| ☐ Whistle for signalling | ☐ GPS device for desert trips |

BEFORE

- Keep an emergency kit in the car in case you get stranded.
- Check tyres, lights, brakes, wipers and fluid levels regularly.
- Keep your fuel tank well filled.
- Check weather and road conditions before setting off.
- Avoid going deep into the desert; if you do, share your location and carry GPS.
- Never leave children or pets alone in a closed car on a hot day.

DURING

- Move the car off the road if you can and switch on hazard lights.
- Get out on the side away from traffic and stand clear of the vehicle.
- If you cannot get out safely, stay belted in with hazards on and call police.
- UK Highway Code: place a warning triangle at least 45 metres behind the car, never on a motorway. Follow local road rules elsewhere.
- In dust or poor visibility, pull over to the right and avoid stopping under trees or billboards.
- Call for help and give your location; in the UAE dial 999.
- In heat, seek shade, sip water and watch for dizziness, cramps or confusion.

AFTER

- Call an ambulance immediately if anyone shows signs of heat stroke.
- Cool an overheated person in shade with wet cloths on neck, armpits and groin.
- Do not try repairs on a motorway.
- Replace used or expired items in your car kit.

IN THE UAE

Abu Dhabi Police advise against venturing far into the desert; if you go, share your location and carry GPS.

MY NOTES

Sources: Ready.gov (FEMA), Car Safety (<https://www.ready.gov/car>); GOV.UK, The Highway Code: Breakdowns and incidents (274 to 287) (<https://www.gov.uk/guidance/the-highway-code/breakdowns-and-incidents-274-to-287>); GOV.UK, The Highway Code: Annex 6, vehicle maintenance, safety and security (<https://www.gov.uk/guidance/the-highway-code/annex-6-vehicle-maintenance-safety-and-security>); Abu Dhabi Police, Abu Dhabi Traffic Urges Drivers to Reduce Speed in Dusty Conditions (<https://www.adpolice.gov.ae/en/Media-Center/News/2021/06/19/Abu-Dhabi-Traffic-Urges-Drivers-to-Reduce-Speed-in-Dusty-Conditions>); Abu Dhabi Police, Tal Moreeb Race Participants to Practice in Designated Areas (<https://www.adpolice.gov.ae/en/Media-Center/News/2021/06/29/Tal-Moreeb-Race-Participants-to-Practice-in-Designated-Areas>); Ready.gov (FEMA), Extreme Heat (<https://www.ready.gov/heat>); UAE Government Portal (u.ae), Handling emergencies (<https://u.ae/en/information-and-services/justice-safety-and-the-law/handling-emergencies>); Ready.gov (FEMA), Build A Kit (<https://www.ready.gov/kit>)

General guidance in our own words. Always follow your local authorities.