

Road Trip

TEETH TIPS

Prep Your GRIN

Remember to store emergency numbers (like your dentist and doctor) in your phone before you leave home. Anything can happen on the road!



Pack an extra (unused) toothbrush in case you lose yours or to help that forgetful someone!

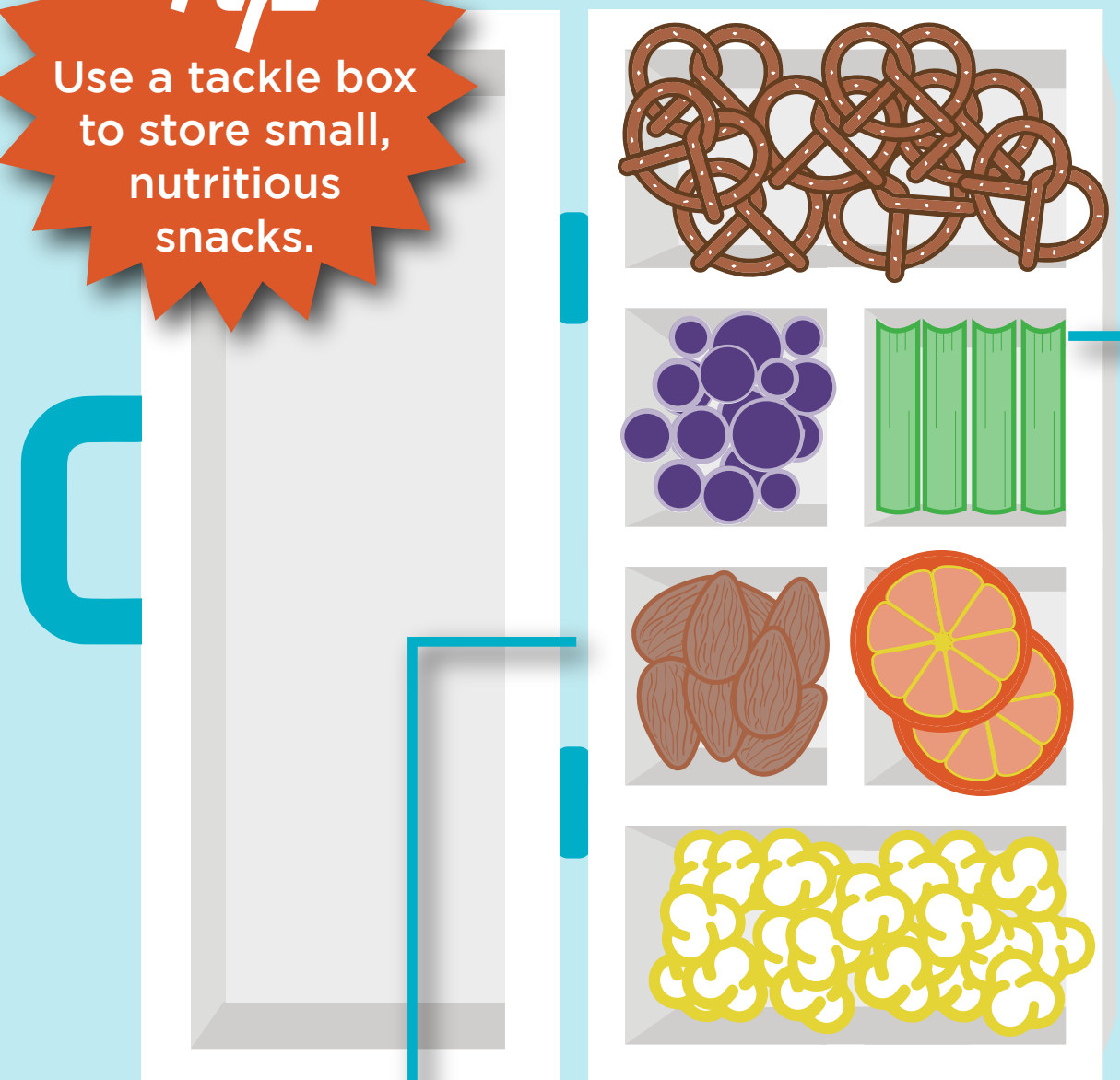
Close quarters can mean germ central. Keep it clean with travel-sized wipes.

Pack Your SNACKS

Known as "nature's toothbrush," celery is filled with fiber and stimulates saliva flow.¹

Tip

Use a tackle box to store small, nutritious snacks.



Many nuts, such as almonds, provide high levels of tooth-healthy calcium.²

Hit The Road HACKS



Fill a plastic water bottle until it's 1/3 of the way full. Lay it on its side and freeze overnight. Fill with water to enjoy ice cold hydration on-the-go!



Put reusable cupcake liners in car cup holders. Fill with dental necessities and other tiny items. No more scraping for knick-knacks!



Before you hit the road, combine 2 dabs toothpaste and a pinch of baking soda. Place dots on a sheet of tin foil. Let dry for 24 hours. Peel off and store in a plastic baggie. To use, toss a tab in your mouth and add water!



Long road trips often mean spotty cell service. Before you leave, take a screenshot of your mapped directions. Now you can navigate with a smile!

SOURCES

- 1 <http://oralhealth.deltadental.com/22.21457>
- 2 <http://oralhealth.deltadental.com/22.21396>