

Hot under the bonnet

As temperatures rise, drivers aren't the only ones feeling the heat. Regular maintenance checks on your car are just as important in summer as they are in winter, particularly if you're planning any long holiday road trips. Here are fuel and fleet management company Arval's top ten tips to help drivers keep their cool this summer and stop their vehicles getting hot under the bonnet.

- **Thirsty work** - you're not the only one that gets thirsty, keep a fresh bottle of water in the car to keep yourself hydrated and top up your car's radiator if the engine overheats

- **Check your fluid levels** - Check your water, screen wash and oil levels before you set out on a long journey, sometimes drivers don't think to do this as regularly in the summer months. Don't forget to check your tyre pressures as well

- **Clean your windscreen regularly** - dust, pollen, tree sap and bugs can reduce your visibility without you realising

- **Watch out for slippery roads** - take extra care when it's been raining, summer showers can make the road slippery, especially after a prolonged dry spell

- **In the summer time, don't have a drink, have a drive** - Don't be tempted to drink alcohol and drive and remember to consider the effects of drinking the morning after as well

- **Remember your sunglasses** - They will help to protect your eyes from the sun's glare but remember to remove them in tunnels, car parks etc as they can obscure vision out of the daylight

- **Pack the essentials** - When you're going on a long journey make sure you have a mobile phone, a map, water and snacks

- **Plan your journey** - Plan your route before you set off, including where will be the best places to stop for regular breaks. Check the travel news to help you avoid congestion on the roads

- **Parking hot spots** - Don't park your car in strong sunshine if you can avoid it as it will mean returning to an oven! Try to find a shady spot and when the weather is hot open the windows for the first five minutes of your journey before switching on the air conditioning

- **Look after your pets** - If you have pets, don't let them overheat. Keep the car well ventilated, don't leave them in the vehicle unattended and ensure regular water and exercise breaks on long journeys.

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