

how to live on the road

How To Eat

Junk food and drive-thru joints are tempting when hours on the road have got you drained. But if you're going to be roadtripping for more than a few days, you'll want to avoid having every meal be a fast food frenzy! Here's some tips on fighting hunger on the road:

- Bring a cooler with you. Stock up on fruit, yogurt, juice, and other healthy snacks. To quote our veteran filmer Mo, "fruit keeps you regular," so don't skimp on the fresh produce while out on the road. Try mixing some bananas, raisins, strawberries, and granola with some yogurt for a tasty treat (recipe courtesy of the UK team from 2006!). Just stop at a store to replenish your ice every once in a while and you're good to go!
- Enjoy the early bird specials at the mom and pop restaurants. If you're willing to eat dinner a little early, you can dine with the seniors and save a lot!
- Ask the locals. If the locals like it, chances are it's good—and cheap.
- Get off the main road. Check out the less touristy areas for better dining bargains.
- Look for local celebrations. You might be able to get in on some cheap street eats!

How To Shower

You're not gonna smell like roses after 7 hours of driving, so finding a place to take a shower is a big must. Here's some tips on how to stay fresh and clean on the road:

- Sneak into hotel jacuzzis. Just grab your swimsuit and towel, pretend you're a courteous hotel guest, and hop in.
- Jump into random bodies of water. The Central Route from 2005 made a tradition out of jumping into every major body of water they came across, even though Bernardo couldn't swim!
- Hose yourself down. Don't be bashful about your hygiene: the Canadian Team from 2006 needed a shower so badly that they grabbed a hose on a New York City street and washed themselves down in front of amused passersby.
- Baby wipe yourself. Sometimes there just ain't no place to wash! Luckily, a few baby wipes and a stick of strong deodorant will do the trick—if you're not planning on any hot dates.
- Stop at a truck stop. Truck stops will usually have hot showers, cheap meals, cold drinks, and many other road essentials. Watch out for the "truckers only" signs—unless you're roadtripping in a big rig!
- Look for campgrounds. They've got cheap showers aplenty!

