

Insurance

Before you go...

Be sure your policy provides for:

- an air ambulance, in case you need to be flown home;
- all medical bills (which can be expensive);
- any potentially hazardous sports activities;
- bringing the body home, in the event of a death;
- bringing your family home, in the event of your illness or injury;
- replacing and/or bringing your car home.

Drugs

- avoid any involvement with drugs – the penalties are severe and could include the death sentence;
- don't carry parcels or luggage through customs for other people;
- don't cross land borders with people you don't know, eg hitch-hikers;
- carry a doctor's prescription for any drugs you may need.

Money

Before you go...

- make sure you have enough to cover emergencies;
- take traveller's cheques;
- keep a separate record of their numbers.

When you are there...

- carry only as much money as you need for the day;
- if you have to carry a lot of money, ask your partner or a friend to carry some of it for you;
- use a money belt or secure inside pocket
- leave the rest in a hotel safe.

Credit cards

Before you go...

- check the expiry dates;
- make a separate note of their numbers.

When you are there...

- don't carry all your cards with you – leave at least one in the hotel safe.

Tickets

Before you go...

- buy a return ticket.

When you are there...

- keep your tickets in a safe place.

Passports and visas

Before you go...

- check that your passport is still valid and make a note of its number, date and place of issue;
- if you want to travel overseas, including journeys through the Channel tunnel, you will need a passport;
- check if you will need a visa – Travel Agents can advise;
- children under 16 (including babies) not already included on a valid passport need their own individual passports. Children already included on their parents' passports can continue to travel on these until they reach 16, or the passport on which they are included expires;
- take another means of identification (preferably with a photograph).

When you are there...

- Keep your passport in the hotel safe and carry a photocopy with you.

If you have anything stolen

If your money, passport or anything else is stolen abroad, report it at once to the local police and obtain a statement about the loss: you will need one to claim against your insurance.

- money – phone your bank at home about transferring money and cancelling credit cards;
- traveller's cheques – contact the issuing agent;
- tickets – see your tour rep or airline agent.

Plan to stay healthy

- check what vaccinations you need with your GP at least six weeks before you travel;
- check if your medication is legal in the country you are visiting. Pack it in your hand luggage;
- if you are taking prescribed medication, take the prescription with you;
- if you're travelling within the EU, get Form E111 from the post office for reduced or free emergency care.

Travel advice

Up-to-date information on problems affecting your safety in over 200 countries is available on:

- the internet at www.fco.gov.uk/knowbeforeyougo

or contact the FCO Travel Advice Unit, Consular Directorate, Foreign & Commonwealth Office, Old Admiralty Building, London SW1A 2PA.

tel: 020 7008 0232/3, fax: 020 7008 0155

Consular assistance

British Consular Officers are ready to help you help yourself.

Make a note of the telephone number of the nearest British Consulate. Hotels, tour operators and police should have this information. Working hours vary; it is better to telephone first.

Most British Consulates operate an answerphone service, outside office hours, giving working hours and an emergency number for other times.



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www.fco.gov.uk/knowbeforeyougo