

### When you are there...

- > Use a money belt or secure inside pocket. Do not openly display your cash.
- > Don't carry all your cards with you – leave one in a secure location.
- > If your passport or valuables are stolen abroad, report it at once to the local police and obtain a statement as you will need one to claim against your insurance. You will need to cancel any cards or travellers cheques, so take relevant phone numbers.

### Consular assistance

British Consular Officers are ready to help you help yourself. Make a note of the telephone number of the nearest British Consulate. 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. For more detail on what support you can receive, consult [www.gov.uk/fco](http://www.gov.uk/fco).

### Safety

- > As you would be in the UK, be alert and observant, and report any unattended items or suspicious activity by individuals to the local police or appropriate authorities. You can call 112 to contact the emergency services in any EU country.



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### Giving us feedback

We welcome your views on the support we provide. They will help us to identify what we do well and what we could do better. Visit [www.gov.uk/government/organisations/foreign-commonwealth-office/about/research](http://www.gov.uk/government/organisations/foreign-commonwealth-office/about/research) for our customer satisfaction survey, or ask your local Embassy or Consulate for a copy. Information about our official complaints procedure is also on this website. If you prefer to contact us directly our contact details are:

#### Consular Directorate

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[www.gov.uk/fco](http://www.gov.uk/fco)

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# Checklist for travellers



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[www.gov.uk/fco](http://www.gov.uk/fco)

## Know before you go

- > For up-to-date travel advice, check the Foreign and Commonwealth Office (FCO) website at [www.gov.uk/foreign-travel-advice](http://www.gov.uk/foreign-travel-advice).
- > Get a good guidebook and find out about your destination. Make sure you know about local laws and customs.
- > Tell family and friends where you are going and leave them your contact details, insurance policy details, and your itinerary and/or store online using a secure data storage site.
- > Whether you are travelling or living overseas, note the details of the nearest British Embassy or Consulate. In the event of any major crisis, we provide advice and travel updates on [www.gov.uk/foreign-travel-advice](http://www.gov.uk/foreign-travel-advice) as well as on our Facebook ([www.facebook.com/fcotravel](https://www.facebook.com/fcotravel)) and Twitter ([twitter.com/fcotravel](https://twitter.com/fcotravel)) travel advice sites.

## Insurance

Get comprehensive travel insurance and check that it covers all the activities you plan to undertake. 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 pre-existing medical conditions
- > any potentially hazardous sports activities
- > bringing the body home, in the event of a death
- > replacing and/or bringing your car home.

## Plan to stay healthy

- > Check what vaccinations and health precautions you need with your GP 6-8 weeks before you travel. Visit [www.fitfortravel.nhs.uk](http://www.fitfortravel.nhs.uk).
- > 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 a copy of the prescription with you, and find out if you will need to take a doctor's letter with you.
- > If you're travelling within the European Economic Area (EEA), get an EHIC from [www.nhs.uk/ehic](http://www.nhs.uk/ehic) or ring 0300 3301350. But remember you still need travel insurance.

## Passports and visas

### Before you go...

- > Check that your passport is still valid. Some airlines and cruise operators may require you to have a minimum of six months validity in your passport at return date. Make a note of the passport number and consider taking a photocopy with you and/or store online using a secure data storage site.
- > Write the full details of your next of kin in your passport.
- > Check whether you will need a visa – visit [www.gov.uk/foreign-travel-advice](http://www.gov.uk/foreign-travel-advice).
- > Take another means of identification (preferably with a photograph).

## When you are there...

- > Keep your passport secure at all times. Unless you are required to carry the original document, keep your passport in a safe location.

## Drugs

- > Avoid any involvement with illegal drugs – the penalties are severe and could include the death sentence.
- > Don't carry parcels or luggage through customs for other people.

## Money

### Before you go...

- > Make sure you have enough to cover emergencies.
- > Find out if travellers cheques are appropriate for your destination and keep a separate record of their numbers.
- > Check the expiry dates on your credit or debit card(s).