HolidayTravelWatch™
information · advice · assistance



PREPARE!

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CONTACTING

HOLIDAYTRAVELWATCH™

You can contact HolidayTravelWatch™ in the UK or from abroad in several ways:

National Telephone Number:
(0044)01217478100

By E Mail:
information@holidaytravelwatch.com

Through the WorldWideWeb:
www.holidaytravelwatch.com

Or by post to:
HolidayTravelWatch
PO Box 12768, Birmingham
B28 1AQ

The HolidayTravelWatch Health Checklist for Health & Health Planning:

- Check what vaccinations you need with your GP at least six weeks before you travel;
- Check the advice at **http://www.doh.gov.uk/traveladvice** or **http://www.fitfortravel.scot.nhs.uk**
- Check if your medication is legal in the country you are visiting;
- Pack your medication in your hand luggage; If taking medication with you, also take the prescription and a GP's letter;
- If travelling within the EEA (European Economic Area) get an E111 from the Post Office. (Countries in the EEA (European Economic Area) are: Austria, Belgium, Denmark, Finland, France, Germany, Gibraltar, Greece, Iceland, Ireland, Italy, Luxembourg, the Netherlands, Norway, Portugal, Spain, Sweden and the UK.) **http://www.fco.gov.uk/travel/dynpage.asp?Page=526**
- Check to see if extra health precautions are needed for the country you are visiting (e.g. malaria zones);
- Use the HolidayTravelWatch Health Planning guide before you go.

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The HolidayTravelWatch™ Travel Checklists are designed to be used either at the time of booking your holiday, planning before you go or whilst on holiday. If you require further information or assistance then use the contact guidelines on this leaflet.



The HolidayTravelWatch™ 'Where are you going' Checklist:

- Get a good guide book and look at the FCO country fact sheets **http://www.fco.gov.uk/travel**
- Make sure you know about local laws especially relating to alcohol and drugs;
- Make sure you know about local culture especially relating to dress codes;
- Take a phrase book that you can use in emergencies;
- Make a note of the addresses and telephone numbers of the local police, doctors and hospitals;
- Discover the facts relating to sustainable tourism in the area you intend to visit – this United Nations site will guide you on these issues - **http://www.uneptie.org/pc/tourism/sust-tourism/home.htm**

The HolidayTravelWatch™ Checklist when buying travel insurance:

- Credit card accident cover, home insurance or private health cover may not provide full cover – check before you travel, buy additional cover if needed
- Shop around! The cost of travel insurance varies widely, search for the right product at the right price for you. A cheaper policy may mean less cover
- Regular traveller? Consider taking out an annual multi trip insurance, this will save time, money and effort
- Know what your policy covers and check that the cover is adequate. If in doubt ask your insurer
- Ensure that the policy covers you for the entire period of your holiday or journey
- Engaged in dangerous activities? Does your policy cover them? If not, extend your cover or purchase a specialist policy
- Medical cover in Europe should provide a minimum £1m worth of cover or, £2m for all other destinations. It must include cover for emergency medical treatment, hospitalisation and repatriation
- Are you covered for personal liability? Are you covered if you cause injury or damage to others and their property?
- If you have to cancel or abandon your trip, cancellation cover should start as soon as you make your booking
- Does the policy provide a 24 hour emergency service and assistance if things go wrong?
- Do you have possessions cover which includes your money or documents to specified limits? You must take reasonable care of your possessions or your policy will not cover you and you must comply with any reporting requirements
- Are you covered for personal accident where money will be paid on death or permanent disability?
- Does the policy contain legal expenses cover? This is important as it will help to pursue compensation for damages following personal injury or the failure of your travel arrangements
- Remember, most policies will not cover drink or drug related incidents. Declare anything that you think may affect your cover. Be honest – tell your insurer about any pre existing conditions, this should include others within your travelling party. If you fail to declare, this may invalidate your policy!

The HolidayTravelWatch™ Checklist for Passport or Visas:

- Make sure your Passport is valid for a minimum of six months at return date. **It is your responsibility to ensure that you have a valid passport.**
- Take a photocopy of your Passport with you and leave a copy at home.
- Write the full details of your next of kin in your Passport.
- **Make sure you have valid Visas.** Take another form of ID with you (preferably with a photograph).
- Remember there are different types of British Passports and if you have anything other than a British Citizens passport you may require a Visa for the country you intend to visit, **for example, you should check USA requirements before you go!** Other countries may have similar Visa protocols.
- Remember children now require their own passport now.
- Remember - it's too late when you get to the airport!
- Holiday brochures and travel tickets place the emphasis on you! If in doubt, contact your nearest Post Office or the Post Office central information line - Tel: 08457223344
- Non UK Citizens should check with their own embassies and the embassy of the country they intend to travel to – **it is your responsibility.**

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