

Health & Safety Preparation for Travelling Abroad - Things to consider

Medical		Comments
	<p>Have you had all necessary vaccinations? Where countries require vaccinations, take proof that you have been inoculated.</p> <p>If you are taking personal medication with you are these drugs ok to take into the country being visited/do you need further paperwork</p>	
Paperwork		
	Is your passport in date?	Some countries require at least 6 months on your passport before it runs out
	If necessary, do you have a VISA?	
	Is there any other paperwork you need to carry with you?	
	If travelling in Europe, do you have an EHIC card?	http://www.nhs.uk
	Are you covered under your institutions arrangements policy and if not, have your arranged your own cover?	
Practical		
	Do you have suitable clothing for the country you are traveling to?	
	Have you taken any steps to prevent DVT? (especially for long haul flights)	
	If you are planning on using debit/credit cards abroad, have you notified your bank?	
	Have you made yourself aware of important political and cultural information for your destination?	
	Do you have a map of your destination?	
	Do you have a guidebook/phrasebook for your destination?	
	Are you travelling alone?	If so, a lone working risk assessment must be completed
	Are you taking a mobile phone adaptor and if so, will it work?	
	Are you aware of what to do in a terrorist/natural disaster situation?	
	Do you know the location of your nearest embassy and hospital while abroad?	

Travel items (where necessary)		
	Are you carrying a first aid kit with you?	
	Do you have a torch and batteries?	
	Do you have a whistle?	
	Do you have spare glasses?	
	Do you have a money belt?	
	Do you have water purifying tablets?	
	Do you have a door wedge with you (for hotels with no door lock)?	
	For flights to the US – do you have an approved padlock for your suitcase?	www.tsa.gov
Communication		
	Do you have all necessary contact phone numbers at home and at your destination?	
	Do people at home and your department have the contact details for where you are going?	
	Do you have emergency numbers (police, help and medical) saved in your mobile?	
When at a hotel		
	Have you made yourself aware of your nearest fire exit?	
	Have you placed your valuables in the room safe?	
	Does your hotel room have a secure lock on the door?	

Remember

Be aware of pickpocketing and travel light
Never have valuable items on show when travelling – either in a car or while walking
Keep an eye on your luggage as it goes through the x-ray scanner
Scan a copy of your passport and save to an email account you can access abroad if it is stolen/lost. But remember to delete it on your return
Be discreet – avoid providing personal information about you, the university or your journey including while on the phone
Be aware of what you are eating and drinking
Bring insect repellent where necessary
Be aware of local customs and dress, behave accordingly and obey local laws
If driving abroad, use a reliable company and be aware of local driving rules
Be aware when taking photographs/videos near military installations or sites of importance – such activities may be illegal
When using a taxi, make sure it is a licensed company and where possible, agree a fare beforehand
Stay alert when using ATMs and be aware of skimming machines
Always be aware of possible scams

Useful Websites

Control Risks Global Security on line service – ask insurance office for password to access

Foreign & Commonwealth Office – www.fco.gov.uk

NHS – www.nhs.co.uk/healthcareabroad

Lonely Planet – www.lonelyplanet.com

Women Travellers- www.diversetraveller.com

EHIC Card - <http://www.nhs.uk/NHSEngland/Healthcareabroad/Pages/About.aspx>

Current hand baggage restrictions - <http://www.heathrowairport.com>

Travel cover summary and emergency assistance contacts - www.umal.co.uk