

Guidance

Foreign travel checklist

A checklist from the Foreign, Commonwealth & Development Office to help British people prepare for travelling and staying safe abroad.

From: **Foreign, Commonwealth & Development Office**
(/government/organisations/foreign-commonwealth-development-office)

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Research your destination

- get up-to-date advice and warnings about travel abroad, including entry requirements, safety and security, health risks and legal differences by checking [foreign travel advice \(https://www.gov.uk/foreign-travel-advice\)](https://www.gov.uk/foreign-travel-advice) for the country you're visiting

Get insured before you go

- get appropriate [travel insurance \(https://www.gov.uk/guidance/foreign-travel-insurance\)](https://www.gov.uk/guidance/foreign-travel-insurance) as soon as you book. Check that it covers the places you will visit, the duration of your visit and any planned activities such as adventure sports
- tell your insurance company about any medical conditions, including undiagnosed conditions which are being investigated, and check that your policy will cover these

Check your documents for travel

- [sign your passport \(https://www.gov.uk/government/publications/signing-your-new-passport\)](https://www.gov.uk/government/publications/signing-your-new-passport) and complete the emergency contacts page
- ensure that your passport meets the [entry requirements for the country you are visiting \(https://www.gov.uk/foreign-travel-advice\)](https://www.gov.uk/foreign-travel-advice) (for example, it may need to be valid for a set period after your trip ends)
- [get the correct visa for your destination \(https://www.gov.uk/foreign-travel-advice\)](https://www.gov.uk/foreign-travel-advice)
- take an extra form of photo ID with you, other than your passport
- if you are [travelling with children \(https://www.gov.uk/permission-take-child-abroad\)](https://www.gov.uk/permission-take-child-abroad) check whether you need extra documentation
- if you plan to drive abroad [check whether you need an International Driving Permit \(IDP\) \(https://www.gov.uk/driving-abroad/international-driving-permit\)](https://www.gov.uk/driving-abroad/international-driving-permit)

Consider your health

- check the [healthcare advice \(https://www.gov.uk/foreign-travel-advice\)](https://www.gov.uk/foreign-travel-advice) for all countries you're visiting
- check what [vaccinations \(https://travelhealthpro.org.uk/\)](https://travelhealthpro.org.uk/) you need and what health precautions you should take at least 8 weeks before you travel
- check the rules on [taking your medicine abroad \(https://www.nhs.uk/common-health-questions/medicines/can-i-take-my-medicine-abroad/\)](https://www.nhs.uk/common-health-questions/medicines/can-i-take-my-medicine-abroad/)
- if you are travelling to an EU country or Switzerland, apply for a new [Global Health Insurance Card \(GHIC\), if your GHIC \(or EHIC\) has expired \(https://www.nhs.uk/using-the-nhs/healthcare-abroad/apply-for-a-free-uk-global-health-insurance-card-ghic/\)](https://www.nhs.uk/using-the-nhs/healthcare-abroad/apply-for-a-free-uk-global-health-insurance-card-ghic/). An EHIC or GHIC may not cover all health costs and never covers repatriation costs. It is not a substitute for travel insurance
- check whether your accommodation has suitable health and safety standards, including fire safety, and be aware of the signs of carbon

monoxide poisoning. Read Foreign, Commonwealth & Development Office (FCDO) guidance on [solo and independent travel](https://www.gov.uk/guidance/solo-and-independent-travel) (<https://www.gov.uk/guidance/solo-and-independent-travel>) or [volunteering and adventure travel](https://www.gov.uk/guidance/safer-adventure-travel-and-volunteering-overseas) (<https://www.gov.uk/guidance/safer-adventure-travel-and-volunteering-overseas>), with further information on the risks from carbon monoxide poisoning. You can also check [NHS information](https://www.nhs.uk/conditions/carbon-monoxide-poisoning/) (<https://www.nhs.uk/conditions/carbon-monoxide-poisoning/>) about the symptoms of carbon monoxide poisoning

- be alert to the risk of spiked and contaminated drinks, including methanol poisoning – check [Travel Aware](https://travelaware.campaign.gov.uk/spiking-and-methanol-poisoning/) (<https://travelaware.campaign.gov.uk/spiking-and-methanol-poisoning/>) and [foreign travel advice](https://www.gov.uk/foreign-travel-advice) (<https://www.gov.uk/foreign-travel-advice>) for more information

Prepare for the unexpected

- have a backup plan for accessing key information such as your accommodation details, flight details, passport details, contact numbers and insurance policy (for example, in case you lose your phone). Share it with friends or family or store online using a secure data storage platform
- [avoid getting in to financial difficulties abroad](https://www.gov.uk/guidance/your-finances-when-travelling-abroad) (<https://www.gov.uk/guidance/your-finances-when-travelling-abroad>) by ensuring you can access enough money to pay for unexpected costs or if your main payment method fails (for example, because you have lost your phone and cannot complete two-factor authentication)
- make a note of how to [contact the nearest British embassy, high commission, or consulate](https://www.gov.uk/world/embassies) (<https://www.gov.uk/world/embassies>)
- read [support for British nationals abroad](https://www.gov.uk/government/collections/support-for-british-nationals-abroad) (<https://www.gov.uk/government/collections/support-for-british-nationals-abroad>) for guidance on staying safe abroad, and the help the FCDO can provide
- read about how the FCDO can help you [if you are affected by a crisis abroad](https://www.gov.uk/guidance/how-to-deal-with-a-crisis-overseas) (<https://www.gov.uk/guidance/how-to-deal-with-a-crisis-overseas>) such as a large-scale terrorist attack, natural disaster, or political unrest
- stay up to date before and during travel by following FCDO Travel Advice on [Facebook](https://www.facebook.com/FCDOTravel) (<https://www.facebook.com/FCDOTravel>) and [Twitter](https://twitter.com/fcdotravelgovuk) (<https://twitter.com/fcdotravelgovuk>). Sign up for email alerts on [GOV.UK](https://www.gov.uk/foreign-travel-advice) (<https://www.gov.uk/foreign-travel-advice>)

Contact the Foreign, Commonwealth & Development Office (FCDO)

You can contact the nearest [British embassy, high commission or consulate](https://www.gov.uk/world/embassies) (<https://www.gov.uk/world/embassies>), or the FCDO in London 24 hours a day on 020 7008 5000 for advice. You should also read the [privacy notice](#)

(<https://www.gov.uk/government/publications/fcdo-privacy-notice-consular-services-in-the-uk-and-at-british-embassies-high-commissions-and-consulates-overseas>) to see how the FCDO will process your data.

Feedback

We welcome your views on the support we provide, to help us to identify what we do well and what we could do better. Contact us using our [feedback contact form](https://www.contact.service.csd.fcdo.gov.uk/written-enquiry) (<https://www.contact.service.csd.fcdo.gov.uk/written-enquiry>).

Alternatively write to us:

Consular Feedback Team
Consular Directorate
Foreign, Commonwealth & Development Office
King Charles Street
London SW1A 2AH

Or telephone +44 (0)20 7008 5000

Disclaimer

Our foreign travel checklist aims to help you plan for a trouble-free trip. It is not exhaustive. No foreign travel can be guaranteed as safe, and you take personal responsibility for your own travel. You can read the [disclaimer](https://www.gov.uk/guidance/foreign-commonwealth-development-office-fcdo-consular-information-disclaimer) (<https://www.gov.uk/guidance/foreign-commonwealth-development-office-fcdo-consular-information-disclaimer>) relating to this guidance.

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