

Helpful hints









Before you travel

- Ensure you consult with your G.P. and obtain the recommended vaccines/inoculations or any medication advisable for the country you are visiting.
- If you take prescribed medication, make sure you take enough for the trip duration. You should also take an extra supply and pack it in a separate place just in case your first supply is lost.
- Take a supply of medication for common ailments. This should include something for diarrhoea and tummy upsets.
- Make sure your passport and visas are up to date and do not expire whilst you are on your trip. Check with your travel agent/tour operator, keep them with you at all times.
- Electrical items and valuables should be kept in your personal hand luggage and not packed in baggage left in custody of an airline/carrier.
- Do not pack money, valuables or travel documents in your 'checked in' luggage keep them on your person at all times.
- If you do take valuables on the trip make sure they are insured under the 'All Risks' section of your household and contents insurance policy.
- Cancel newspapers, milk and any other regular deliveries.
- Ask a friend or relative to visit your home every day.

While you are on holiday

- Check that water is safe to drink, if in any doubt always drink and wash your teeth with bottled water and avoid ice in your drinks.
- Eat food that is fresh, thoroughly cooked and still hot.
- Think before you dive! Only dive in swimming pools or in the sea if you are sure the water is deep enough.
- Prevent sunburn/sunstroke by taking care not to stay out in strong sunlight and always use a protective sun lotion with an SPF factor appropriate for your skin type.
- The vast majority of Personal Possessions claims arise as a result of leaving items unattended at airports, railway stations and beaches. Lack of proper care towards your personal property could result in your claim being declined.
- Always lock any money or valuables away in a safe or a safety deposit box if they are not being carried on your person.
- Keep all relevant receipts in case you have to make a claim on your return.
- Always carry your travel insurance details with you.

Important telephone numbers

 Health Declaration (to declare a medical condition or a change in your circumstances)		+ 44 (0) 1895 234919
 24hr Emergency Medical Assistance (for medical emergencies or curtailment requests)		+44 (0) 845 230 7137
 Claims (Or print from the internet on www.travelrisk.net)		+44 (0)161 236 9454
 Customer Services		+44 (0) 1895 234919

Have a safe and enjoyable trip

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