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**Travel and transport****Travellers' checklist**

To help you have a safe holiday, here are the top 10 things to do before you go:

1. check the Foreign and Commonwealth Office's (FCO) travel advice on their website or call 0845 850 2829
2. get travel insurance and check that the cover is appropriate
3. find a good guidebook and get to know your destination, including its local laws and customs
4. ensure you have a valid passport and necessary visas
5. visit your GP at least 6 weeks before you go to check what vaccinations you need and whether you need to take extra health precautions
6. make sure your travel organiser has a policy for refunds and for bringing travellers home in the event that the company goes bankrupt (this should be backed up by an organisation offering financial protection)
7. if your travel involves using airlines with which you are unfamiliar, you may wish to check their safety and reliability with a reputable travel agent
8. make copies of your passport, insurance policy plus 24-hour emergency number, and ticket details - leave copies with your family and friends
9. take enough money for your trip and some back-up funds, eg travellers' cheques, sterling or US dollars
10. leave a copy of your itinerary and a way of contacting you, such as email, with family and friends

The Foreign Office website also produces specific travel advice for women, gay and lesbian travellers, young travellers, sports travellers, short break travellers and backpackers.

**More useful links**

- ▶ [More travellers' checklists from the FCO \(opens new window\)](#)
- ▶ [Health advice for travellers](#)

**In this section...**

- ▶ Country travel advice
- ▶ Travel health and European Health Insurance Cards (EHICs)
- ▶ Travel insurance
- ▶ Foreign currencies
- ▶ Using your mobile phone abroad
- ▶ Taking your pets abroad
- ▶ Bringing food and plants into the UK
- ▶ Tax when bringing in goods from abroad
- ▶ Declaring cash when entering or leaving the UK

**Air baggage arrangements change**

Some UK airports are lifting the restrictions on hand baggage.

- ▶ [Baggage arrangement changes for some UK airports](#)

**Do it online**

- ▶ [Get the latest foreign travel advice](#)
- ▶ [Claim health treatment in Europe \(European Health Insurance Card, formerly E111\)](#)
- ▶ [Replace or apply for a passport](#)

**Useful contacts**

- ▶ [Foreign and Commonwealth Office](#)
- ▶ [Identity and Passport Service \(opens new window\)](#)