

me&my travel guide⁺

Travel Top Tips



- **Whether** travelling in the UK or abroad make sure you have comprehensive travel insurance in place and that it covers any activities, such as skiing or cycling, that you plan to take part in during your travels. For example, the cost of treatment for a broken leg, whilst holidaying in Europe, can set you back as much as £5,000.
- **Make** an appointment to see your GP at least two months before you travel to ensure that your travel vaccinations are up-to-date and that you have more than enough supplies of any prescription medication that you may take.
- **Ensure** that your passport is valid, in date and that the contacts page in the back of your passport is fully completed in case of an emergency. Some countries require a visa for entry and also that your passport is valid for at least six months after the date you travel.

- **Do** your research. A good place to start is the Foreign & Commonwealth Office website www.fco.gov.uk/travel which carries vital information on every country in the world. Familiarise yourself with the area where you are travelling to and any local laws and customs including a few simple words of the national language. Don't assume that everyone speaks English! For example, it is the height of bad manners to show the palm of your hand, with the fingers splayed, in defiance when in Greece. Greeks take great offence to this and your action may well be met by a flurry of obscenities.
- **Useful** telephone numbers to take with you include the telephone number of your travel insurer and the local British consul or embassy.
- **Take** photocopies of your key documents including passport, travel insurance policy and itinerary to leave at home with someone. This will save you a lot of time and trouble in the event that you lose any of these very important documents.
- **If** flying, check with your airline for any luggage restrictions including the current rules on what you can carry in your hand luggage and how much. No matter what the weight restrictions

though, make sure you have a spare pair of 'smalls' in your hand luggage, along with essential toiletries and medications, just in case you're delayed overnight. If you're travelling with an infant or young child, make sure you're carrying enough nappies, milk and food to get you through any unforeseen long delays.

- **Take** a small amount of local currency to see you through the first few days, along with a mix of sterling and a credit or debit card for the remainder of your travels. It's advisable to have enough available to cover your entire trip plus a contingency fund should you need extra money for any unexpected costs.
- **If** you use a mobile phone and intend to use it on your travels, contact your network to make sure that you have international roaming enabled on your handset.
- **Buy** a guide to your country or area of travel and take note of any health advice offered, such as not drinking the local tap water and covering up in the evening to limit exposure to insect bites.

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Sources:

Foreign & Commonwealth Office website
www.fco.gov.uk/travel

Department of Health website
www.dh.gov.uk

Lonely Planet travel guides
www.lonelyplanet.com

Frommer's travel guides
www.frommers.com

For comprehensive, competitively priced travel insurance call the Bradford & Bingley travel insurance team on **0800 169 4078**, quoting reference T046.

Our lines are open

8am - 8pm Monday to Friday,
8am - 7pm on Saturdays, and
9am - 5pm on Sundays.

Calls may be monitored and recorded.

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