

Travel preparedness checklist

Lots of people choose to travel within the UK or abroad during the school holidays. Share this checklist with your parents/guardians so they can work through what to prepare before travelling.

Before travelling

- ☐ If you are travelling by car, make sure you prepare an emergency grab bag with enough water, food and blankets for all passengers in case the car breaks down or you get stuck in traffic. It is also a good idea to travel with a charged mobile phone, torch and batteries, suitable clothing for the weather conditions in case of breakdown, and jump leads. Additionally, make a note of the details of your breakdown provider.
- ☐ Pack a special item such as a toy or book that may help you stay calm if you start to feel worried or scared whilst away.
- ☐ If you are going abroad, research the local climate with your family, including weather conditions and any natural hazards that occur in the country you are travelling to, so that you understand what to be aware of and how to respond if a local emergency happens. Check the Foreign and Commonwealth Office Travel Advice (gov.uk/foreign-travel-advice) to get the latest updates for the country you are travelling to.
- ☐ If you are travelling to a hot country, take precautions against sunburn, heat exhaustion or heatstroke and dehydration by packing sunscreen, something to cover you (including a hat), and ensure you pack and drink plenty of bottled water when you get there.
- ☐ If you are travelling overseas, ask your family to make a note of the British Consul's contact details before travelling. It might also be beneficial to look up the address of your embassy in case you need assistance if an emergency happens.
- ☐ Wherever you go, it is a good idea for your family to look into getting travel insurance. Bring the details of your travel insurance company.
- ☐ If you are travelling on the road in the UK by bike, by car or on foot, make sure you and your family know the Highway Code (highwaycodeuk.co.uk/uploads/3/2/9/2/3292309/the-official-highway-code-with-annexes-uk-en-12-04.pdf). It is a set of rules for all road users about how to stay safe on the roads.

During your trip

- ☐ When travelling in any motor vehicle, you should always wear your seat belt.
- ☐ When travelling by train, boat, or other public transport, make sure that you look out for and listen to the safety advice or information so that you understand how to safely respond if an emergency happens.

At your destination

- ☐ Once you arrive at your destination, make sure your family are briefed on basics such as the emergency exit routes and evacuation plans at your accommodation, any local hazards to be aware of, etc.
- ☐ Make a note of the local emergency contact numbers and where the nearest hospital is in the area you are staying in.

- ☐ If you are travelling within the European Union (EU), get a European Health Insurance Card (EHIC). This will entitle you to free or low-cost treatment for medical problems. You can contact the emergency services in any EU country.
- ☐ If you get into difficulty overseas that can't be sorted out through the local authorities, your insurance company may be able to help.
- ☐ When abroad, it is better to drink bottled water. Whilst most water is safe to drink, you may not be used to it and it can upset your stomach.