

Travel Emergency Pack & Checklist

**Make sure your travelling companion is aware of where this pack is, or take two packs, one in each of your suitcases.
If travelling alone, leave a copy with a UK contact**

Documents & Information to take with you	✓	Complete the details below, including Insurer's emergency phone number from abroad and international dial codes
Private Travel Insurance Policy (printed hard copy)		Tel No.
EHIC Card (must be in date) https://www.nhs.uk/using-the-nhs/healthcare-abroad/apply-for-a-free-ehic-european-health-insurance-card/		
Credit Card (with good spending limit!)		
Photocard driving licence		
Written list of any medical conditions, allergies & medications you take (Check your destination's policy on travelling with medication, you may need supporting documentation)		
Medication to last you 1 week more than the duration of your trip		Drug names
National Insurance number		No.
Mobile phone, with ability to use abroad		Your No.
Language phrase book/app, from English to the country's language		
Printed itinerary and flight details		
Passport No.		No.

Tips & Notes

When dialling the UK from abroad first use the international code of the country you are in, followed by the UK Country Code which is 44 (then omit the 0 of area code or mobile number)

Visiting Country's International Dialling Code if EU Country	00
Visiting Country's International Dialling Code in non EU Country	
British Consulate Assistance Team to call from abroad	+44 2070081500
State Emergency Service number in any EU country is	112

In case of emergency

	Name	Tel No.
UK contact		

Holiday details

Holiday accommodation details		
Travel details		
Dates of flights and travel company/airline		

In an emergency charge your mobile phone when you can!