

Traveller's Checklist

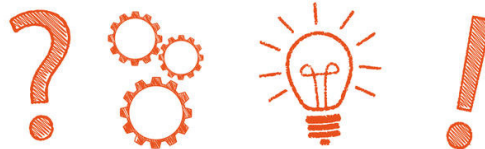
Nearest hospital & transport to it - ambulance phone number

Complete a risk assessment - dangers and how they can be mitigated!

Do you need Visas?

Do you have travel & health insurance?

Budget - transport, accommodation, food, visas, emergency cash?



Who is your key contact person in case of emergency?

Write down your itinerary and share it with your key contact person

Does your bank/credit card work overseas?

Do you have all the correct vaccinations for your destination?

What personal safety precautions do you need to adopt?