



Speak to your doctor or nurse before planning your trip. Ask if it's safe for you to travel and if you'll need any vaccinations.



Buy your travel insurance – leaving it until later could mean you aren't covered if you have to cancel your trip.



Arrange to collect enough medicines and medical equipment for your trip, including spares.



If you have a disability or special food needs, ask your travel company to make the right arrangements for you.



Print or save electronic copies of important travel documents.



Enjoy your holiday



9 weeks before



Start looking for travel insurance. Shop around to find the best deal.

8 weeks before

Book your holiday.

7 weeks before



Get any vaccinations you need.

5 weeks before



Check with your airline whether you need to make any special arrangements for transporting your medicine or medical equipment.

4 weeks before



Get all the documents you need (EHIC, export licence, doctor's letters, translated medical documents).

2 weeks before



Write down any contact details you might need while you're away.

1 week before

Start packing.

