

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.



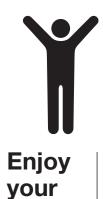
Arrange to collect enough medicines and medical equipment for your trip, including spares.



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.



holiday

7 weeks before **5**weeks before 2 weeks before 4 weeks before

9 weeks before



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

8 weeks before

Book your holiday.

> Get any vaccinations you need.



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



Get all the documents you need (EHIC, export licence, doctor's letters, translated medical documents). **1** week before



Start packing.



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