Travelling during a crisis

Conflict, unrest or a natural disaster can hit while you are abroad, and your own government may not be able to get you out. This page helps you prepare before you travel, stay safe and in touch during a crisis, and find support once you are home.

CHECKLIST

- [ ] Passport that meets your destination's entry rules
- [ ] Extra photo ID besides your passport
- [ ] Copies of documents, also saved as photos on your phone
- [ ] Printed health insurance documents
- [ ] Embassy contact details and your government's 24/7 consular number
- [ ] Prescription medicines in labelled bottles, with copies of prescriptions
- [ ] Several days of food and water
- [ ] First aid kit
- [ ] Torch with spare batteries
- [ ] Backup way to pay if your main method fails

BEFORE

- Read official travel advice for every country on your trip and sign up for its email alerts.
- US citizens: enrol in STEP so the embassy can send alerts and reach you in an emergency.
- Canadians: register with the free ROCA service and add your co-travellers.
- Buy travel insurance as soon as you book, and tell the insurer about any medical conditions.
- Copy your travel documents. Give one set to someone you trust and keep one apart from the originals.
- Give family or friends your detailed itinerary and contact details.

DURING

- Tell family and friends whether you are safe or need help.
- Follow the advice of local authorities.
- Contact your airline or tour operator, and your insurer, about what help is available.
- Avoid crowds, demonstrations and large gatherings.
- Keep a grab bag ready, plus medicines, food and water for several days.
- If told to shelter, stay indoors, away from windows, in a room with few outside walls.
- Call your government's 24/7 consular line. Canadians can call +1 613 996 8885.
- Do not expect your government to evacuate you. Have your own plan to leave.

AFTER

- If you feel unwell or are struggling to cope, see a doctor and mention the crisis abroad.
- Look for emotional support, for example from the Red Cross.
- Use bereavement helplines if you have lost someone.
- UK nationals: check if you qualify for help if injured or bereaved by terrorism abroad.

IN THE UAE

UAE nationals can register free with the Ministry of Foreign Affairs Twajudi service before or while travelling, so the ministry can reach them in an emergency. Register with UAE Pass on the MOFA website or app, and find MOFA's current contact numbers there.

MY NOTES

Sources: GOV.UK (Foreign, Commonwealth and Development Office), If you're affected by a crisis abroad (https://gov.uk/guidance/how-to-deal-with-a-crisis-overseas); GOV.UK (Foreign, Commonwealth and Development Office), Foreign travel checklist (https://www.gov.uk/guidance/foreign-travel-checklist); US Department of State, International traveler's checklist (https://travel.state.gov/content/travel/en/international-travel/before-you-go/travelers-checklist.html); Government of Canada (travel.gc.ca), Registration of Canadians Abroad (https://travel.gc.ca/travelling/registration); Global Affairs Canada (canada.ca), Advice for Canadians: Register when travelling abroad (https://www.canada.ca/en/global-affairs/news/2019/02/advice-for-canadians-register-when-travelling-abroad.html); Government of Canada (travel.gc.ca), Request emergency assistance outside Canada (https://travel.gc.ca/assistance/emergency-assistance); UAE Ministry of Foreign Affairs, Twajudi service (https://www.mofa.gov.ae/en/services/twajudi) General guidance in our own words. Always follow your local authorities.