

Please **DO NOT** copy and paste these notes in their entirety. The purpose of this exercise is to consider the risks specific to your trip as identified in the Foreign and Commonwealth Office Travel Advice web pages and the measures required to combat these risks. Please select the measures accordingly.

Hazard	Seriousness of risk	Likelihood of risk	Control Measure
Crime			<ul style="list-style-type: none"> - Be aware of credit card fraud – do not allow waiters/shop assistants to take it out of your sight - Never resist a mugger - Do not wear expensive jewellery - Ensure that your office & emergency contact person have copies of your itinerary & passport/visa - Make yourself aware of any common scams and think about how to react if you are approached - Use the safe in your hotel room and use the security chain while you are in your room - Ensure you have the numbers required to cancel credit cards and travellers cheques - Carry a dummy wallet
Terrorism			<ul style="list-style-type: none"> - Be fully aware of the current security situation in the cities you are visiting - Ensure you follow the recommendations for local transport (below) - Check dates of trip against public holidays or days of special recognition - Avoid foreign Embassies and hotels next door/nearby - Avoid all demonstrations and large gatherings
Conflict			<ul style="list-style-type: none"> - Be fully aware of the current security situation in the cities you are visiting
Political			<ul style="list-style-type: none"> - Avoid all demonstrations/large gatherings - Prepare an alternate travel plan if strikes are anticipated - Check dates of trip against local elections, major sporting events and public holidays
Kidnap			<ul style="list-style-type: none"> - Maintain a low public profile - Do not publicise your itinerary, but notify your family and colleagues of your movements as much as possible- Employ a trained driver where possible - Be alert to suspicious persons, vehicles and activity, particularly in the vicinity of your accommodation - Pre-programme your mobile phone to the emergency services.
Infrastructure: Transportation			<ul style="list-style-type: none"> - Arrange a hotel transfer or reliable local contact to collect you from the airport on arrival - Use hotel cars or recommended taxi companies - Be aware of road conditions, especially when travelling outside of main cities

			<ul style="list-style-type: none"> - If driving yourself, ensure that you have the correct insurance, licence and permits and are fully aware of local driving regulations - If using rickshaws/tuk-tuks/jeepneys, choose carefully and always agree a price before getting in - If using local buses, be wary of the roadworthiness of the vehicle and safeguard your belongings - wear your seat belt, even if the locals do not
Medical capabilities			<ul style="list-style-type: none"> - Check www.red24.com/affiliate/aonprotect (password 7797) for medical advice and capabilities overseas from our insurers - Ensure you pack a sufficient amount of any prescribed medication for your trip plus 7 days extra - Do not engage in unsafe sexual activities or drug-taking - Take a First Aid Kit including syringes and needles
Contaminated Food			<ul style="list-style-type: none"> - Eat only recently prepared food that has been thoroughly cooked - Drink sufficient liquids to prevent dehydration - Busier restaurants may be safer as they are more likely to serve freshly cooked food - Be cautious with pork products, fish/seafood and dairy products - Be cautious of buffets (is the food properly covered & how long has it been standing?)
Contaminated water & drinking water			<ul style="list-style-type: none"> - Drink bottled water only - Use bottled water to brush your teeth - Avoid ice in drinks - Check beaches/rivers for warning signs
Utilities			<ul style="list-style-type: none"> - Check compatibility of all electrical equipment being taken - Pack sufficient torches, batteries and travel plugs - If a wall socket looks damaged or there is water damage nearby, DO NOT USE IT - Charge your mobile phone DAILY
Natural Risk: Climate conditions			<ul style="list-style-type: none"> - Be aware of the weather forecasts for the dates of your trip and pack appropriate clothing - Use high-factor sunscreen and carry a bottle of water in hot conditions - Avoid strenuous activity during the hottest part of the day
Natural Disasters			<ul style="list-style-type: none"> - Ask your hotel reception for emergency procedures - Make a note of the contact details for the local British High Commission/Embassy - Ensure that your office & emergency contact person have copies of your itinerary & passport/ visa
Contact with insects			<ul style="list-style-type: none"> - Ensure that you have the required inoculations before travelling and tetanus & polio are up-to-date - Consult your GP for malaria advice. Use insect repellents safely - Be aware of hotel medical provision and check the Red24 Health Advisory for the country you are travelling to

Contact with animals			<ul style="list-style-type: none"> - Do not approach animals, even if they appear domesticated - Avoid markets where live animals and poultry are sold
Cultural risks Local Culture			<ul style="list-style-type: none"> - Ensure that you are aware of and respect local religious restrictions and festivals - Dress appropriately at all times - Be aware of causing offence when taking photographs of local people and DO NOT take photographs near police or military establishments
Legal differences			<ul style="list-style-type: none"> - Be aware of any local laws that are different to the UK (see Local Culture section on FCO country page) - Take a copy of your prescription in your hand luggage (some medications which are legal in the UK are not legal overseas – check the embassy website of the country being visited) - Ensure that you have all the required up-to-date permits
Hazardous activities			<ul style="list-style-type: none"> - Use recommended companies with fully-trained instructors - Check EHU insurance policy coverage for the activity to be undertaken - Check beaches/rivers for warning signs
Hazardous substances/chemicals			<ul style="list-style-type: none"> - Check all safety procedures and legislation with the organisers in-country - Wear appropriate protective clothing
Fieldwork/research			<ul style="list-style-type: none"> - Ensure that you have all the required up-to-date permits - Check all safety procedures and legislation with the organisers in-country - Be aware of the location of any man-made hazards (mine shafts etc) - Make yourself aware of local animal/reptile species and the level of threat - Ensure that work sites have appropriate first-aid provision and evacuation procedures - Wear appropriate protective clothing - Be aware of hotel medical provision and check the Red24 Health Advisory for the country you are travelling to - Ensure you have good quality wet-weather gear and obtain tide tables