

# Things to consider when booking a holiday

## Travel insurance

- ★ Does the travel insurance cover meet your needs?
- ★ Does it cover pre-existing medical conditions?
- ★ Is holiday cancellation covered by the policy?
- ★ Make sure you take all the details of your insurance policy, 24-hour helpline number and a copy of the terms and conditions with you.

## Transport

- ★ Is there assistance available at the UK and destination airport?
- ★ If the transfer bus at the destination is not accessible is there an alternative accessible taxi service?
- ★ Are you liable for the cost of the transfer taxi?
- ★ How long will any transfers or trips take?

## Accommodation

- ★ Is accommodation accessible?
- ★ Is there accessible car hire in the resort?
- ★ Has the accommodation been independently assessed or it is self-assessed by the proprietor?
- ★ Is there a room on the ground floor or next to a lift with step free access available?
- ★ Does the room have a bath or a walk in shower?
- ★ Can the agent make accessible accommodation a 'requirement' rather than a 'request'?
- ★ Can the agent guarantee that this room will be available?
- ★ Is there a description or, better still, pictures of the facilities available?
- ★ If there are ramps, what gradient are they?
- ★ Is the destination accessible? Are there steep hills or steps to negotiate?
- ★ Are there reasonable high seats/seats that are easy to get in and out of in public areas?
- ★ Would the staff be available to help with luggage at arrival and departure?
- ★ Is the resort and beach accessible?
- ★ Check dietary requirements if you have any food allergies.

## **Medication**

- ★ Take additional medication in case of delays when travelling and at the airport.
- ★ If you are allergic to any medications, put a note to that effect in with your identity papers.
- ★ Check that your medications are legal in the countries you will be staying in and whether you need a doctor's note. You will need a doctor's note if you need to carry hypodermic needles.
- ★ If you have to take travel motion sickness tablets, make sure they don't interact with any medication you are already taking.
- ★ Do you need any vaccinations before you go on holiday?
- ★ Can you have them with the medication you are on?

## **In case of emergency**

- ★ Is there a good mobile signal (in some remote locations) in case of emergency?
- ★ Prepare a paper with essential telephone numbers on if treatment is needed whilst away in different languages. Also phrases to ask for help if needed.

## **Comfort**

- ★ Bring objects that will make you travel a little bit more comfortable. For example an inflatable cushion might be useful to make seats higher and more comfortable.
- ★ Take luggage with you that will be easy to carry and won't add more strain on you e.g. suitcases on wheel.