

Options Supported Holidays Ltd

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OVERSEAS HOLIDAY - TRAVEL AWARENESS

We thank you for choosing Options Supported Holidays and hope you enjoy your time with us. We look forward to seeing you on your chosen holiday, but should you have any questions, please do not hesitate to contact us. Your balance is due **14 weeks** before departure date.

If this is your first holiday with Options Supported Holidays, it is essential that you read the following very carefully. We would suggest that you read through this information with whoever fills out your Assessment form if it is not you. If this is your first time flying & travelling through an airport, it is important that you are made aware of what is standard procedure nowadays at most airports.

You are **not** allowed to carry any liquids or sharp objects through security in your hand luggage, no drink, coke, water, suntan lotion, hand creams, shampoo bottle, conditioners, scissors, etc.

What to wear when travelling, wear something **comfortable** (it is usually a long day and you want to be comfortable), you will probably have to remove jackets, belts and shoes when going through security, so wear trousers that do not require a belt and shoes that you are easily able to take on and off yourself. Don't come to the airport with things in your pockets try and have everything in your hand luggage as it makes going through security a lot easier and less stressful for you.

Please consult your doctor with regard to any time difference on your holiday and the time you normally take your medication. Please also check if you require any inoculations for your holiday destination.

Luggage weighing over the weight limit is paid for by you – **NOT** Options Supported Holidays

There may be a lot of walking through airport corridors to get to the final gate for the flight. Please tell us if you cannot manage a distance or have problems with escalators.

Please be aware that your hotel & room within the hotel will be very different to your own home. For example, the bathroom or shower may have different operating taps to those you are used to at home. If you have difficulty with your mobility, you will not have the same aids (fixtures and fittings, etc) to assist you when getting around. You need to tell us if either a bath or shower is essential to you.

As the group is out most days there could be more walking than you are used to. If your mobility is not too good, or you get tired from walking you may like to consider bringing a wheelchair, but please let us know before the holiday. This will ensure you do not hold up the group or spoil your holiday by getting over tired.



STAYING SAFE AND HEALTHY ABROAD

The Foreign & Commonwealth Office and National Travel Health Network and Centre have up-to-date advice on staying safe and healthy abroad.

For the latest travel advice from the Foreign & Commonwealth Office including security and local laws, plus passport and visa information check www.gov.uk/foreign-travel-advice

Keep informed of current travel health news by visiting www.travelhealthpro.org.uk
The advice can change so check regularly for updates.

Clients should seek advice on recommended vaccinations and precautions from a health professional. Either a GP, practice nurse, pharmacist or a travel health clinic at least eight weeks before departure.

Further travel health advice please look online www.travelhealthpro.org.uk or <https://www.fitfortravel.nhs.uk>

We hope you enjoy your holiday and look forward to seeing you soon.