

# ADVENTURE TRAVEL ABROAD: PLAY IT SAFE

Planning an adventure holiday, expedition, gap year, or volunteering abroad: as an individual, a group or a school? Looking forward to the challenges? Whether with a company, volunteering organisation - or on your own:

UNDERSTAND  
THE RISKS

BE  
SAFE

HAVE A  
GOOD TRIP

THINK ABOUT SAFETY

**1** Remember your safety comes first, so think carefully about your trip and don't be afraid to ask questions.

WHAT  
QUESTIONS  
SHOULD I ASK?

Good organisers use safety standards e.g. British Standard BS 8848 for adventurous travel abroad – see BSI's Consumer Guide

Don't assume good safety measures are properly in place to reduce risks.

**4** Claiming to stick to a safety standard is good, but what happens in practice? Find out how risks are assessed and managed for this trip.

**5** Where will you stay? What will you be doing? Do you speak a common language? What are the potential safety issues?

WHAT WILL HAPPEN IF  
THINGS GO WRONG?

Are the leader(s) and staff fully trained and experienced in the country and activity? Who will be looking out for you?

**7** What does their/your insurance cover? Make sure you read their policy and the small print.

**8** What happens in a medical or other emergency? Apart from the trip leader who will be there to help you? What medical support will be available?

If in doubt, ask more safety questions. Be satisfied with answers before you commit.

IF YOU'RE  
NOT SURE, LOOK  
ELSEWHERE.

IF YOU'RE CONVINCED,  
GO FOR THE TRIP THAT  
APPEALS TO YOU!