



# STAY SAFE IN THE SNOW



# TIPS BEFORE YOU HEAD TO THE SLOPES



Take out appropriate travel insurance that covers the winter sports activities you will be doing



Declare any medical conditions or old injuries to your insurer or you may risk invalidating your insurance



Get relevant training if you plan to ski off piste, it could save your life



If you're travelling to Europe, take your free European Health Insurance Card for necessary treatment at public hospitals

For more information search for winter sports on [gov.uk](https://www.gov.uk). Follow [@FCOtravel](https://twitter.com/FCOtravel) and [#SkiSafe](https://twitter.com/SkiSafe) on Twitter and [FCOtravel](https://www.facebook.com/FCOtravel) on Facebook