

Travel Insurance Checklist

*Your essential guide to protecting your health, belongings,
and peace of mind while travelling*



Choosing the Right Policy

- Covers medical expenses (pre-existing conditions included)
- Check coverage for trip cancellations, delays, or interruptions
- Ensure baggage loss/theft and personal belongings are included
- Verify 24/7 emergency assistance is available worldwide

Documents & Copies

- Keep digital + paper copies of your insurance policy and ID card
- Store the insurance provider's emergency contact details in your phone
- Share policy details with a trusted family member or travel companion

Medical Coverage

- Check if your policy includes hospital stays, doctor visits, and prescriptions
- Confirm coverage for medical evacuation or repatriation
- Carry a list of prescriptions & any medical history needed for emergencies

Exclusions & Limitations

- Review what's not covered (adventure sports, alcohol-related incidents, etc)
- Confirm the claim limits for valuables, electronics, and cash
- Check age limits or restrictions for mature travellers.

Before You Go

- Save claim forms and instructions (download in advance if possible)
- Double-check your policy dates match your entire trip duration
- Carry an emergency card with your policy number and contact details



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