



DESTINATION REPORT

**UNITED KINGDOM**

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## GENERAL OVERVIEW

The United Kingdom of Great Britain and Northern Ireland (UK) consists of four sovereign nations located to the northwest of the European continent across the British Isles. One island-Great Britain-contains three countries: England, Scotland, and Wales. The other, Northern Ireland, is located on the same island as the Republic of Ireland. The United Kingdom's southernmost shore faces the English Channel. The North Sea is located on its eastern coast, and the Irish Sea is located to its west. The Channel Islands and the Isle of Man off the coasts of the British Isles are all part of the governmental system of the United Kingdom, but are considered Crown Dependencies and are not technically part of the United Kingdom.

A healthy economy and stable government make the United Kingdom a low-risk destination. All four countries in the United Kingdom differ in terms of culture, politics, and society, and each retains degrees of governmental autonomy. However, all have modern infrastructure and liberal, open societies. Easy access between the nations allows for varied travel.

The government consists of a constitutional monarchy and parliamentary democracy with various levels of autonomy in the separate nations of Scotland, Wales, and Northern Ireland. Religious history in the United Kingdom is intertwined with nationalist conflict, particularly in the case of Northern Ireland. In this area, Protestants and British loyalists clashed with separatists identifying as Irish Catholic. Although the conflict has been technically resolved since the six Irish counties became part of the United Kingdom in 1921, there is some level of contention remaining in Belfast and other parts of Northern Ireland.

# SECURITY ASSESSMENT

## Security Risk Rating

Moderate

## Security Risk Overview

Most visits to the United Kingdom are free of major security concerns. However, there is an elevated risk of terrorist activity and civil unrest. Pickpocketing is common, especially in large cities such as London, Edinburgh, and Belfast. Violent crime is on the rise.

### Terrorism

The UK's international terrorism threat level is currently assessed as "substantial", meaning an attack is likely, while the threat level from Northern Ireland-related terrorism in Britain is "severe".

On 2 February 2020, two people were stabbed in a terror-related attack in the south London suburb of Streatham. The suspect was subsequently shot dead by the police.

### Civil Unrest

There is a moderate risk of political violence from indigenous dissident groups in the United Kingdom. In Northern Ireland, especially in the capital, Belfast, there is a substantial amount of indigenous terrorist activity, most of which targets police and security forces, and is usually carried out by dissident republican groups such as the Real IRA (RIRA), Oglagh na hEireann (ONH), and the Continuity IRA (CIRA). Such attacks normally involve firearms and explosive devices.

Various parts of the United Kingdom, such as Northern Ireland, are prone to sectarian violence related to a history of colonialism. Some domestic terrorist groups in Northern Ireland have branched off into drug and weapons trading. Although civil unrest has largely subsided since political compromises between the Republic of Ireland and Northern Ireland, some tensions remain. Use caution when traveling in Belfast or the border between Northern Ireland and the Republic of Ireland.

Demonstrations are not uncommon, but are usually peaceful and well organized. However, incidents of violence and looting do occur.

Race-related crimes, often carried out by far-right or extremist groups, have increasingly been reported. The English Defence League (EDL) is one of the most active far-right street protest movements against what it considers as the threat of Islamification, Sharia law, and Islamic extremism in the United Kingdom. Protests carried out by the group and its sympathizers tend to turn violent.

Hooliganism among sporting fans has led to riots and outbreaks of violence in the past. Avoid crowds after major sporting events.

### Personal Security

Petty theft and pickpocketing are common in the United Kingdom. These crimes tend to be opportunistic in nature and usually take place in crowded public places, such as restaurants, pubs, bus stops, train stations, airports, and historic sites, as well as on buses, trains, and the London Underground.

Violent crime had been uncommon but is on the rise. According to police, the number of homicides in England and Wales in 2018 was the highest in more than 10 years.

Although homosexuality is not illegal, violence based on sexual orientation occasionally occurs. Additionally, crimes of a sexual nature-including harassment and assault-are common and considered to be underreported. Nonetheless, law enforcement authorities are generally effective at investigating and prosecuting these crimes. In addition, harassment and discrimination on the basis of race and religion are known to occur.

## **Law Enforcement**

Police forces are responsive, helpful, and easily accessible in the United Kingdom. Levels of corruption are low.

Prison conditions tend to be good, but overcrowding is common. Lengthy pretrial detention periods and judicial corruption do not tend to be concerns.

Be sure to travel with all appropriate documentation, including passport and visa photocopies. Individuals who intend on driving should be in possession of their International Driving Permit (IDP), vehicle registration, and proof of insurance at all times.

## **Transportation**

**Air:** The United Kingdom is rated Category 1 in the International Aviation Safety Assessment Program (IASA), indicating that the country's civil aviation authority has been assessed by IASA inspectors and found to license and oversee air carriers in accordance with International Civil Aviation Organization (ICAO) safety standards.

**Bus and Metro:** Travel by public buses in rural areas is common. A number of privatized companies provide slightly more regular transportation between countries and cities. Most major cities have an extensive local bus system, including London, which has a famous "double decker" red bus system. Some routes are active 24 hours a day.

**Car:** In the United Kingdom, traffic moves on the left-hand side of the road. City and country roads are generally in good condition; however, those in urban areas can be narrow and congested.

Rental cars will have manual transmission unless requested otherwise.

**Taxi:** Taxis are widely available and an efficient way of traveling throughout cities. There have been reports of unlicensed cabs in London harboring criminals to scam tourists. Only use properly marked taxis.

There are Uber services operating in the United Kingdom.

**Train:** The National Rail system, a train network across the three countries of Great Britain, is one of the most extensive and efficient rail systems in Europe. Crime on the National Rail is uncommon, though luggage theft has increased in recent years, and assault and robbery occasionally occur at night.

Northern Ireland's train network is separate from the National Rail System, but is extensive and runs frequently.

The London Underground metro system, known locally as the "Tube," provides a convenient means of travel to/from and within Central London. When traveling on the Underground, it is

advised to remain alert against pickpockets. There are surveillance systems and security police in the rail network.

### **Scams, Fraud, Corruption, and Extortion**

Inheritance and lottery scams are common in the United Kingdom. In such scams, the fraudster contacts the victim and tells them that they have received a large sum of money from a previously unknown British relative or a state lottery drawing, claiming to be the administrator of the cash. They then convince the victim to part with money or bank details to release the fake fund.

Common scams against foreigners, irrespective of destination, include dating and marriage scams, false employment opportunities, and virtual kidnapping for ransom. Avoid giving out personal information at all costs, especially bank or credit card numbers.

ATM fraud in the United Kingdom is considered advanced and incorporates technologies that discreetly obtain ATM card and PIN information.

There have been isolated cases of corruption among government officials. However, such corruption is unlikely to have any effect on travelers.

### **Security Advice**

Be prepared. Make an effort to understand your destination environment before you travel: identify the possible threats and prevailing situation, understand your own vulnerabilities and take action to mitigate the risks.

Maintain a low profile and good situational awareness. Ensure you travel with reliable communications equipment, test your mobile (cellular) telephone upon arrival at your destination and keep it fully charged. Make note of emergency telephone numbers, including the police, fire department, ambulance, and embassy or consulate.

Avoid all protests and demonstrations to minimize the risk of exposure to incidental violence. Travelers should walk away or wait inside a shop or restaurant if it is not possible to leave the area. Plan alternate routes to circumvent potential protest locations. Seek the assistance of a local host, or travel with a local driver, where possible.

To minimize the risk of becoming a victim of petty theft, travelers should maintain caution and exercise situational awareness at all times. Avoid overt displays of wealth. If confronted by a criminal, do nothing to antagonize the situation. Carry a "dummy" wallet if possible, and carry a passport photocopy at all times.

Carry handbags on the opposite side from passing traffic to reduce the risk of thieves on motorcycles trying to snatch them.

Avoid walking unless you are confident of the security situation. Do not walk by yourself at night in secluded or troublesome areas of the city. Do not take shortcuts away from main roads.

National holidays and public festivals tend to attract large crowds in some countries. Such public gatherings, despite a typically enhanced security presence, create a potential venue for disorder or violence. In addition, large crowds may well impede local transportation systems.

Do not buy counterfeit or any goods in violation of copyright laws. Doing so may be a violation of local laws and can carry hefty fines or even prison time.

Reduce risk of injury from car crashes by always wearing a seatbelt. Some countries have heavy

finer for not wearing a seatbelt. Avoid drinking and driving. Be sure to travel with all appropriate documentation, including passport and visa photocopies. Individuals who intend on driving should be in possession of their International Driving Permit (IDP), vehicle registration, and proof of insurance at all times.

Travelers are subject to the laws of the United Kingdom, even if they are not a citizen of the United Kingdom. Travelers can also be prosecuted for violating their home country's laws while in a foreign country. Travelers should be aware of the laws and customs of the country they are traveling to in order to avoid prosecution.

# HEALTH ASSESSMENT

## Health Risk Rating

Low

## Travel Health Advice

Routine vaccines for preventable diseases, such as measles/mumps/rubella (MMR) vaccine, diphtheria/pertussis/tetanus (DPT) vaccine, chickenpox (or varicella), poliovirus vaccine, etc. are recommended for all travelers.

Protect against insect bites and insect-borne diseases, such as tick-borne encephalitis or malaria, by using insect repellent and wearing long pants, long sleeve shirts, boots, and hats if possible. See more detailed insect precautions below.

Prevent foodborne illnesses by avoiding undercooked foods and unpasteurized dairy products and washing hands, especially before eating. See more detailed food and beverage precautions below.

A comprehensive pre-travel health consultation with a travel health care provider is recommended for all travelers in order to optimize their health while traveling and to individualize their disease prevention strategies to best mitigate the health risks of any destination.

There are confirmed cases of COVID-19 in this country, and/or authorities have undertaken restrictive prevention measures. The situation is fluid. Numbers of cases, governmental restrictions, and travel services are subject to rapid change. To obtain Global Rescue's latest worldwide COVID-19 update, please contact a sales representative at (+1) 617-459-4200 or [memberservices@globalrescue.com](mailto:memberservices@globalrescue.com).

## Immunizations - Required for Entry

The following vaccines are required for travelers entering the country. Some vaccines may only be required for travelers arriving from specific destinations, or those who have previously traveled to specific destinations within a given time period. Travelers are advised to consult with their travel healthcare provider for traveler-specific requirements.

Immunization	Notes
None	There are no immunizations required for entry into the United Kingdom.

## Immunizations - General

The following immunizations are recommended for travel to all destinations.

Immunization	Notes
Routine	Routine vaccines for preventable diseases, such as measles/mumps/rubella (MMR) vaccine, diphtheria/pertussis/tetanus (DPT) vaccine, chickenpox (or varicella), poliovirus vaccine, etc. are recommended for all travelers.

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<b>Hepatitis B</b>	<p>Hepatitis B is spread through contact with infected blood, sexual relations, and contact with contaminated needles.</p> <p>There are several pre-exposure vaccination options available: PEDIARIX (pediatric formulation containing DTaP, HepA/B, and polio vaccines), TWINRIX (3 dose HepA/HepB combination series), ENGERIX-B, RECOMBIVAX HB (3 doses); Heplisav-B (2 doses). The full course of injections is recommended prior to travel. Unvaccinated travelers who have been exposed to HBV should seek medical attention immediately. They should receive a dose of Hep B vaccine within 24 hours of the exposure, and may benefit from treatment with Hep B immunoglobulin as well.</p>
<b>Influenza</b>	<p>All types of Influenza are spread between humans by respiratory droplets through sneezing, coughing, and touching objects contaminated with the virus.</p> <p>There are 2 types of pre-exposure vaccinations available: Inactivated Influenza Vaccine (IIV), and Live Intranasal Influenza Vaccine (LAIV). IIV is injected into the upper arm or thigh, and LAIV is administered as a nasal spray. Components of the vaccine change yearly, depending on anticipated circulating strains of the virus, which vary by hemisphere. Vaccination is recommended annually for all persons at least 6 months of age, prior to transmission season.</p>

### Immunizations - Recommended for this Country

The following are vaccine preventable diseases present in this country. Some travelers may be at an increased risk of exposure to specific diseases. Travelers are advised to consult with their travel healthcare provider for traveler- and itinerary- specific recommendations.

Immunization	Notes
<b>Routine</b>	<p>Routine vaccines for preventable diseases, such as measles/mumps/rubella (MMR) vaccine, diphtheria/pertussis/tetanus (DPT) vaccine, chickenpox (or varicella), poliovirus vaccine, etc. are recommended for all travelers.</p>
<b>Hepatitis A</b>	<p>The Hepatitis A virus is primarily transmitted through contaminated water and food such as shellfish and uncooked vegetables or fruit prepared by infected food handlers. It is also transmitted through person-to-person contact via fecal-oral exposure, or spread through sexual relations, blood transfusions, and needles.</p> <p>Several pre-exposure vaccination options are available: HAVRIX, VAQTA, TWINRIX (3-dose HepA/HepB combination series), and AVAXIM. The vaccine requires 2 doses, separated by a minimum of 6 months. Ideally, the traveler should complete both doses at least 2 weeks prior to travel. However, if there is insufficient lead time to travel, the first injection should be administered before departure and a booster after 6 months. Once both doses are completed, immunity is considered lifelong.</p>

<p><b>Hepatitis B</b></p>	<p>Hepatitis B is spread through contact with infected blood, sexual relations, and contact with contaminated needles.</p> <p>There are several pre-exposure vaccination options available: PEDIARIX (pediatric formulation containing DTaP, HepA/B, and polio vaccines), TWINRIX (3 dose HepA/HepB combination series), ENGERIX-B, RECOMBIVAX HB (3 doses); Heplisav-B (2 doses). The full course of injections is recommended prior to travel. Unvaccinated travelers who have been exposed to HBV should seek medical attention immediately. They should receive a dose of Hep B vaccine within 24 hours of the exposure, and may benefit from treatment with Hep B immunoglobulin as well. Vaccination is routine in the US and many other countries. Previously unvaccinated travelers should consider vaccination for travel to areas with high risk of HBV infection, or if they anticipate needing medical/dental care abroad, being exposed to needles, or engaging in sexual activity.</p>
<p><b>Rabies</b></p>	<p>Rabies is spread through the bite or scratch of an infected animal. All mammals are susceptible, but dogs and other wildlife (particularly bats) are the most common vectors. In this country, rabies is found only in bats.</p> <p>A 3-dose pre-exposure rabies vaccine is recommended for travelers involved in adventure or outdoor activities in remote areas who could be exposed to bats. Children are at higher risk and have a lower threshold for pre-exposure vaccination. The first dose of the vaccine should be administered at least 21 days before travel.</p>
<p><b>Influenza (Flu)</b></p>	<p>Classic, or seasonal, influenza, is a highly contagious respiratory infection, caused by 2 types of virus: A and B. All types of Influenza are spread between humans by respiratory droplets through sneezing, coughing, and touching objects contaminated with the virus.</p> <p>There are 2 types of pre-exposure vaccinations available: Inactivated Influenza Vaccine (IIV), and Live Intranasal Influenza Vaccine (LAIV). IIV is injected into the upper arm or thigh, and LAIV is administered as a nasal spray. Components of the vaccine change yearly, depending on anticipated circulating strains of the virus, which vary by hemisphere. Vaccination is recommended annually for all persons at least 6 months of age, prior to transmission season.</p>
<p><b>Meningococcal Disease</b></p>	<p>Meningococcal disease is spread through contact with the respiratory secretions of an infected person, as well as sharing food and drinks.</p> <p>Meningococcal conjugate vaccine (MCV4) can be given to all persons at least 2 months of age. Dosing will vary depending on the product and the age of the traveler.</p>
<p><b>Measles</b></p>	<p>Measles is a viral infection spread between humans through contact with the respiratory secretions of an infected person.</p> <p>In the US, there are 2 vaccination options available for protection against measles: MMR (measles, mumps, and rubella) or MMRV (measles, mumps, rubella, and varicella). Additional vaccines are available outside the US. All persons at least 12 months of age can be vaccinated routinely. Infants down to 6 months of age can receive the vaccine in outbreak situations or prior to essential travel to high risk areas.</p>

## Health Risks

The following are health risks present in the country. Some of these health risks are widespread, while others may only affect travelers in specific areas or those engaging in specific activities. Travelers are advised to consult with their travel healthcare provider for traveler- and itinerary-specific recommendations.

<b>Health Risks</b>	<b>Notes</b>
<b>Air Pollution</b>	<p>Air pollution refers to the potentially hazardous mix of particulate matter, chemicals, and other materials that infiltrates the air and causes acute symptoms and chronic conditions. Acute symptoms include itching of the eyes, nose, and throat, as well as wheezing, coughing, shortness of breath, chest pain, headaches, nausea, and upper respiratory infections (bronchitis and pneumonia). Air pollution is increasing in low- and middle- income countries and has become a major concern for travelers.</p> <p>Travelers with chronic lung conditions such as asthma or chronic obstructive pulmonary disease COPD should consult with their physicians prior to travel to areas with poor air quality, and these populations should reduce outdoor exertion. Elderly travelers and infants are also more at risk for respiratory consequences of exposure to air pollution. All travelers should comply with air pollution advisories. Levels of air pollution will vary by city and region; check current levels prior to travel to appropriately target preventive measures.</p>
<b>Lyme Disease</b>	<p>Lyme disease is caused by <i>Borrelia</i> bacteria that reside primarily in deer, birds, and rodents. Symptoms vary widely depending on the stage of the illness. Early disease manifests with fatigue, headache, neck stiffness, muscle and joint aches, fever, and a classic "bull's eye" rash.</p> <p>Lyme disease is spread to humans through the bite of an infected <i>Ixodes</i> tick. Travelers engaged in outdoor activities in forested or grassy areas are at risk, including hikers, campers, and hunters. Ticks are more active during warmer months, but in temperate areas can be found year-round.</p> <p>There is no vaccine against Lyme disease. Follow insect precautions when outdoors in areas of potential exposure (see below with attention to tick prevention). Perform complete body tick check after outdoor activities. Remove ticks immediately if found. Post-exposure prophylaxis with doxycycline is recommended within 72 hours after <i>Ixodes</i> tick attachment in certain situations. Seek medical advice for tick attachment in endemic areas. Lyme disease can be treated with antibiotics; results are best with early treatment.</p>

<p><b>Sexually Transmitted Infections (STIs)</b></p>	<p>STIs are a concern for travelers worldwide, and are likely underreported as a travel-related infection. STIs are caused by viruses, bacteria, and parasites, the same potential pathogens as are present in the traveler's home environment. However, certain infections like chancroid, LGV, and Granuloma inguinale are more common in less industrialized countries, and other areas of the world have higher incidence of HIV and Hepatitis B and C than others. Symptoms vary widely depending on the specific infection, and can include both local and systemic symptoms.</p> <p>STIs are spread between humans by unprotected sexual contact (oral, anal, or vaginal), and skin-to-skin genital contact. Some STIs can also be transmitted through exposure to blood and other bodily fluids. Travelers are at higher risk if engaging in sex with sex workers, traveling for sex tourism, or certain higher risk behaviors. Healthcare workers are at higher risk for certain blood-borne infections.</p> <p>Preventive measures focus on decreasing exposure to STI pathogens. Adhere strictly to safe sex practices: use a condom correctly and consistently, or abstain from intercourse, and use an external condom or dental dam for oral exposures. Travelers should pack external and/or internal condoms, as the quality of condoms available in some areas is not reliable. Avoid behavior that increases the risk of contracting an STI such as casual sex with a stranger or a sex worker. Drinking heavily or taking mind-altering drugs will impair judgement and inhibitions during a sexual encounter, increasing the risk of making unsafe choices. Seek medical attention promptly if an STI is suspected.</p>
<p><b>Hantavirus Infection</b></p>	<p>Hantavirus Infection is a zoonosis associated with rodents. There are multiple different hantaviruses circulating worldwide, but they divide into 2 groups, each group causing a distinct clinical syndrome: the European and Asian group of viruses causes hemorrhagic fever with renal syndrome (HFRS), and the American group causes hantavirus cardiopulmonary syndrome (HCPS). HFRS begins with fever, muscle aches, nausea, and headache, and progresses to blood and renal system involvement. HCPS is more severe and progresses to heart and lung complications leading to respiratory failure and shock. Case fatality of HCPS ranges from 25-40%.</p> <p>Hantavirus is spread through the inhalation of contaminated rodent waste matter. Person-to-person transmission can occur but is rare. Those at risk include agricultural workers, campers, trekkers, and those sleeping on the ground or staying in rodent-infested cabins.</p> <p>A vaccine for 1-2 strains of hantavirus is available in China and Korea, but the cost limits its use. No other vaccine is currently in use. Limit contact with rodents and their droppings in affected areas. Hantavirus progresses quickly, even with treatment. Those affected by hantavirus should receive immediate hospital care.</p>

**Medical Facilities and Services.**

Medical facilities and services in the United Kingdom are of high quality, but may be more difficult to find in rural areas. Non-emergency services may incur long waits at most hospitals. Emergency medical treatment is provided at no cost, even to foreigners, though some additional expenses may need to be paid out-of-pocket. Some medications found over-the-counter elsewhere may require a prescription in the United Kingdom due to strict regulations. A medical professional's note should accompany all prescription drugs or needles for medical conditions.

## **Food and Water Safety**

Tap water in the United Kingdom is potable. It is advisable to thoroughly wash and peel fruit and vegetables, and to avoid undercooked or raw meat and seafood as these are often sources of foodborne illnesses. Do not consume unpasteurized dairy products.

## **Insect Precautions**

Use insect repellent: DEET 20 - 30% or Picaridin 20% on exposed skin. Re-apply per manufacturer's directions.

Avoid scented soaps, hair products, deodorants, perfumes, and shaving products.

Wear long sleeves and pants tucked into socks. Wear neutral colors (beige, light gray). Always wear shoes, both indoors and outdoors.

Treat outer clothing with permethrin.

Remove any containers holding water, both inside and outside any building.

Avoid insect exposure using additional various methods depending on the insect:

- For nighttime flying insects, sleep under bed nets, preferably insecticide impregnated.
- For ticks, hike in the middle of the trail and avoid tall grasses and shrubs, use a tarp when sitting on grass, perform regular tick checks on your body and clothing.
- For other insect vectors, avoid direct contact with animals, and avoid overcrowded, unsanitary conditions to reduce risk of exposure to body lice, mites, fleas, and rodents.

# DESTINATION DETAILS

## Time Zones

From 29 March 2020 to 25 October 2020, British Summer Time (BST): GMT + 1 hour  
From 25 October 2020 to 28 March 2021, Greenwich Mean Time (GMT)  
From 28 March 2021 to 31 October 2021, British Summer Time (BST): GMT + 1 hour

## Currency

British Pound Sterling (GBP)

*NOTE: Although every nation in the United Kingdom should accept the British Pound Sterling, Scottish and Northern Irish banks issue their own notes, and some smaller vendors may refuse to use GBP.*

## Credit Cards

Visa, MasterCard, and Maestro cards are widely accepted throughout the United Kingdom. American Express is accepted by most vendors. Travelers should always notify their bank of their travel plans to avoid having their account frozen.

## ATMs

ATMs, called "cashpoints" or "cash machines", are easily accessible in the United Kingdom and dispense notes of GBP 5, GBP 10, and GBP 20. Travelers should check with their bank before their trip regarding any fees associated with ATM use.

## Banking Hours

From Monday to Friday 09:30-16:30.  
Some banks may be operational in the morning on Saturdays and some open all day.  
Hours may vary with bank and location.

## Major Holidays

Services and transportation may be affected on/around the following holidays:

Date	Holiday
01 January 2020	New Year's Day
10 April 2020	Good Friday
08 May 2020	Early May Bank Holiday
25 May 2020	Spring Bank Holiday
25 December 2020	Christmas Day
26 December 2020	Boxing Day
28 December 2020	Boxing Day (observed)

**NOTE:** There are no elections scheduled to take place in 2020.

## Voltage Information

230V, 50Hz - Plug Type G, D, M

## International Airports

Airport Name	Airport Code	Airport Location
Belfast International Airport	BFS	Belfast, Northern Ireland
Birmingham Airport	BHX	Birmingham, West Midlands, England
Bournemouth Airport	BOH	Bournemouth, England
Exeter International Airport	EXT	Devon, England
Durham Tees Valley Airport	MME	Durham, England
London Stansted Airport	STN	Essex, England
Edinburgh Airport	EDI	Edinburgh, Scotland
Robin Hood Airport Doncaster Sheffield	DSA	Finningley, South Yorkshire, England
Glasgow International Airport	GLA	Glasgow, Scotland
Leeds Bradford International Airport	LBA	Leeds, West Yorkshire, England
East Midlands Airport	EMA	Leicestershire, England
London City Airport	LCY	London, England
London Gatwick Airport	LGW	London, England
London Heathrow Airport	LHR	London, England
London Luton Airport	LTN	Luton, Bedfordshire, England
Manchester Airport	MAN	Manchester, England
Newcastle International Airport	NCL	Newcastle upon Tyne, England
Bristol International Airport	BRS	North Somerset, England
Norwich International Airport	NWI	Norwich, England
Cardiff Airport	CWL	Rhoose, Vale of Glamorgan, Wales
London Southend Airport	SEN	Rochford, Essex, England

# ENTRY & EXIT REQUIREMENTS

The following information is for citizens of the United States. If you are a citizen of a country other than the United States, contact an embassy or consulate for up-to-date requirements. For additional questions regarding entry/exit requirements, contact Global Rescue at (+1) (617) 459-4200.

A passport valid for the duration of your stay is required for travel to the United Kingdom. A visa is only required for stays exceeding 90 days. Visits for purposes beyond tourism, business, or student education, or for longer than six months, require a visa that must be obtained before entering the United Kingdom. Visitors transiting through the United Kingdom on their way to a continental European country should have a passport that is valid for at least six months.

## IMPORT RESTRICTIONS

**The following items are prohibited:**

- certain pocketknives, mace, and pepper sprays;
- illicit drugs;
- stun guns;
- counterfeit or copyrighted goods;
- obscene material;
- milk, and dairy products from non-EU countries (with the exception of Andorra, the Faroe Islands, Greenland, and Iceland);
- protected species and products thereof as listed by the Convention on International Trade in Endangered Species of Wild Fauna and Flora (CITES), also known as the Washington Convention; and
- anabolic steroids and some other performance-enhancing drugs in the form of medicinal products unless imported for personal use.

**The following limits apply:** Generally, there is free import when traveling to and from countries within the European Union Economic Zone. However, customs may question travelers if they import more than the following amounts of goods:

- 800 cigarettes or 400 cigarillos (maximum three grams each) or 200 cigars or one kilogram of smoking tobacco; and
- 10 liters of spirits (more than 22% alcohol content) or 20 liters of alcoholic beverages (less than 22% alcohol content) or 90 liters of wine (no more than 60 liters of sparkling wine) or 110 liters of beer.

**Individuals over the age of 17 arriving from a non-EU country may import:**

- one liter of alcoholic beverages over 22% or two liters of any other alcoholic beverage with an alcohol content of less than 22%;
- 16 liters of beer AND four liters of still wine; 200 cigarettes OR 50 cigars OR 100 cigarillos OR 250 grams of tobacco products; and other goods with a value of GBP 390 or less (or GBP 270 if arriving by private boat or plane). Tobacco or alcohol purchased in another European Union country does not count towards import restrictions.

**The following restrictions apply:**

- pets must be identifiable, vaccinated for rabies, and have a health certificate;

- powdered milk for babies;
- fish if disemboweled and under 20 kilograms;
- clothing made from protected animals, and a maximum of 10 kilograms of meat, milk, and dairy products from the Faroe Islands, Greenland, and Iceland;
- most fruits, vegetables, seeds and bulbs are subject to weight restrictions;
- potatoes and loose soil may not be brought into the United Kingdom;
- required permits and licenses for the following: explosives, firearms and ammunition; swords; live animals; endangered animals; and endangered plants; and
- cash valued over EUR 10,000 must be declared.

## **EXPORT RESTRICTIONS**

### **The following items are prohibited:**

- protected species of plants and animals listed under the CITES agreement; and
- counterfeit or copyrighted goods.

### **The following restrictions apply:**

- permits are required to carry military-use items to other countries; and
- cash valued over EUR 10,000 when exiting the United Kingdom to a non-EU country.

## IMPORTANT NUMBERS

Intl. Country Code	<b>(+44)</b>
Fire	<b>999 or 112</b>
Police	<b>999 or 112</b>
Ambulance	<b>999 or 112</b>

### Contact Information for Select Embassies

#### **US Embassy in London, England**

33 Nine Elms Lane  
London SW11 7US  
Telephone: (+44) (0) 20-7499-9000

#### **US Consulate General in Edinburgh, Scotland**

3 Regent Terrace  
Edinburgh EH7 5BW  
Telephone: (+44) (0) 13-1556-8315

#### **US Consulate General in Belfast, Northern Ireland**

Danesfort House  
223 Stranmillis Rd  
Belfast BT9 5GR  
Telephone: (+44) (0) 28-9038-6100

#### **Australian High Commission in London, England**

Australia House  
The Strand  
London WC2B 4LA  
Telephone: (+44) (0) 20-7379-4334

#### **High Commission of Canada in London, England**

Canada House, Trafalgar Square  
London SW1Y 5BJ  
Telephone: (+44) (0) 20-7004-6000

For other embassies, contact Global Rescue at (+1) (617) 459-4200.