QBE Assist's Safe Aussies Abroad Guide

01. Research your destination and any current travel warnings on the Department of Foreign Affairs and Trade website smartraveller.gov.au.

02. Check you have the correct travel insurance – read the Product Disclosure Statement and ask your provider if you aren't sure.

03. Make sure you know the local equivalent to Triple O in case you need emergency services while abroad.

04. If you fall ill or are injured; seek medical advice or treatment as soon as possible, then contact QBE Assist. Try to obtain a medical report and hold on to any receipts for treatment and copies of any documentation given to you by the medical provider.

05. If you have an existing medical condition, make sure you speak to your doctor before you travel. Pack adequate medication, clearly labelled, and carry supporting documentation to show on arrival. Check your policy covers you for that condition.

06. In the event you are robbed or lose something, get a police report. If that's not possible try for a witness statement or loss report from the hotel, transport provider or venue where the loss occurred.

07. If you lose your passport, contact the local Australian consulate for information about obtaining an emergency passport.

08. Make copies of all your travel documents and send them to yourself, save on your phone and email to them to a friend.

09. In the event of a natural or other disaster, the Australian Consular Emergency Centre can be contacted on +61 2 6261 3305, or via transfer from QBE Assist.

In the event of an emergency, QBE Assist can also connect you with your family, bank or local Australian consulate.

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