

## Turks & Caicos Islands

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### **Cobalt Blue Waters, Intriguing Coral Societies, Warm Sandy Beaches and Secluded Spaces**

Home to some of the world's most remarkable coral reefs, white beaches and azure waters, Turks & Caicos is the quintessential scenic Caribbean paradise.

Whilst time should be spent relaxing on the idyllic sand beaches; jungle-wrapped ruins and magnificent examples of colonial architecture are waiting to be uncovered. These islands are undisturbed sanctuaries from the worlds of pressure and demand, a natural cure for stress and anxiety.

### **Health and Fitness Travel Insider**

"Turks and Caicos is a spectacular destination and one of the best tropical getaways. The Archipelago offers turquoise waters, an untouched underwater world of magnificent coral and bright white beaches that stretch forever. This is the place to escape daily life and unravel any stress"

Paul Joseph, Founder

## Passport

Before flying make sure to check that your passport has plenty of time before it expires, and we always recommend leaving at least 6 months validity on your passport.

Your passport will need to be valid for at least 6 months from the date of entry into Turks and Caicos.

For more information, follow this link: <https://www.gov.uk/foreign-travel-advice/turks-and-caicos-islands/entry-requirements>

## Visa

It is important to check before your holiday whether you need a Visa to fly to your chosen destination.

Visas are not required if you are a British citizen. A UK Passport will usually give you permission to stay in Turks and Caicos for up to 90 days.

Visa requirements are subject to change and we therefore recommend checking the up to date requirements. This website allows you to select your nationality and the country you are flying to: <http://www.visahq.co.uk>

## Flights

**From the UK:** please check your travel documentation for your flight details. You will need your flight, booking and transfer vouchers and passport with you. Flights to **Providenciales Airport** from the UK usually take around 12 hours. The typical baggage allowance is between 20 – 23 kilograms for economy but we advise that you check with your airline's direct website to verify this, as these can change without notice.

**From other countries:** please enquire for more details.

We also recommend that you keep moving about during the flight to relieve cramped muscles and ensure you arrive feeling healthy. Walking up and down the aisle when the seatbelt sign is off and flexing and stretching your legs when sitting will encourage blood flow around the body and limber up swollen ankles or feet. Here are some tips to [stay healthy whilst travelling](#) and [on long haul flights](#).

# Health & Fitness

— T R A V E L —

## Location

**Time Difference:** GMT - 5

**Capital City:** Cockburn Town

**Currency:** US Dollar

It might be useful to have a map of the city, or apps such as maps.me or google maps with a download option, to have a general idea of where you are going. If you are to use a taxi, always insist that they put it on the meter. Always keep your passport on your person and in a safe place.

To reduce the effects of jet lag as much as possible, try to adapt to the local time zone as best you can. If you arrive during the day, going for a stroll outside will help you adapt more easily, and the natural light will encourage your body to acclimatise. Likewise, if you arrive in the evening or night, adopt the local bedtime and try to go to sleep.

## Airport

You will be flying into **Providenciales Airport (PLS)**. You'll then take a car transfer to the port, before taking a boat transfer to the hotel. After going through passport control and collecting your luggage, you will then need to make your way to your transfer meeting place, details of which can be found on your transfer or booking voucher.

Porters offering to carry your bags will expect a tip. If this is something you do not want, just politely (and firmly if necessary) say no.

## Travel Insurance

We recommend shopping around on an insurance comparison website to ensure you get the right product and a competitive quote. It is worth considering annual multi-trip insurance if you are going to make several trips a year.

It is also important to consider repatriation insurance in the off chance that you suffer illness or injury and need help to be brought back to your home country.

## Health and Vaccinations

Immunisation and other preventative requirements will depend on your general health, destination travelled to and activities whilst there. We advise that you consult with your GP and/or book a specialist travel consultation at least two months before your trip.

Information on immunisation, medication and other health risks can be found at:

<https://www.fitfortravel.nhs.uk/destinations/caribbean/turks-and-caicos>

There are hospital facilities on Providenciales and Grand Turk, both operated by Interhealth Canada. Serious cases are still referred overseas, usually to Miami or Nassau. Make sure you have adequate travel health insurance and accessible funds to cover the cost of any medical treatment abroad and repatriation.

## Language

The national language of the Turks and Caicos Islands is English, so there should be no issues with communication on your trip.

## Phone Numbers

In the unlikely event of something going wrong with your travel plans, it is important to have the necessary phone numbers written down somewhere safe. You should contact your insurance/medical assistance company promptly if you are referred to a medical facility for treatment.

**Emergency services:** 911

If you are unsure about anything, please don't hesitate to call us on 020 3397 8891.