

**Journalists**  
**Information for planning overseas travel**

**Assessing the threat - Free sources of information for the media**

1. Red 24 [www.red24.com](http://www.red24.com)
2. Grays Solutions [www.graytm.com](http://www.graytm.com) ([info@graytm.com](mailto:info@graytm.com) to register)
3. INSI [www.newssafety.org/regionselect.php](http://www.newssafety.org/regionselect.php)
4. FCO [www.fco.gov.uk/en/travel-and-living-abroad/travel-advice-by-country/](http://www.fco.gov.uk/en/travel-and-living-abroad/travel-advice-by-country/)
5. US State Dept [travel.state.gov/travel/](http://travel.state.gov/travel/)
6. Lonely Planet [www.lonelyplanet.com/thorntree/](http://www.lonelyplanet.com/thorntree/)
7. OSAC [www.osac.gov](http://www.osac.gov)

**Useful websites**

1. Stanfords [www.stanfords.co.uk](http://www.stanfords.co.uk) (useful for mapping)
2. IHS Jane's [www.janes.com/products/janes/index.aspx](http://www.janes.com/products/janes/index.aspx) (military hardware)
3. Dart Center Europe [www.dartcenter.org/europe](http://www.dartcenter.org/europe) (PTSD info and how to stay safe in war zones)
4. Quartel Technologies [www.quartel.com](http://www.quartel.com) (mines and links to mines awareness sites)
5. Masta [www.masta-travel-health.com](http://www.masta-travel-health.com) (medical advice, vaccinations)
6. Fit for travel [www.fitfortravel.scot.nhs.uk](http://www.fitfortravel.scot.nhs.uk) (medical advice)
7. World Health Organization [www.who.int](http://www.who.int) (medical advice)
8. Nomad [www.nomadtravel.co.uk](http://www.nomadtravel.co.uk) (for medical equipment)
9. CPJ [www.cpj.org/briefings/2003/safety](http://www.cpj.org/briefings/2003/safety) (manual produced by the CPJ)