



**IF IN DOUBT,
LEAVE IT OUT!**

DEFRA
Department for
Environment,
Food & Rural Affairs

ADVICE FOR TRAVELLERS



For details of rules on personal imports before you travel check the posters at airports or at www.defra.gov.uk/animalh/illegal or phone: DEFRA Helpline on 08459 33 55 77

Further advice on imports is available from the Food Standards Agency at www.food.gov.uk and from HM Customs and Excise at www.hmce.gov.uk

Failure to comply with these rules can attract penalties of up to two years imprisonment and a fine of £5000.

For further copies of this leaflet contact:
DEFRA Publications, Admail 6000, London, SW1A 2XX.
Tel: 08459 556000

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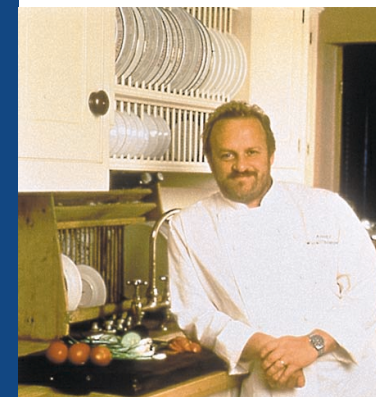
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**DON'T
BRING BACK
MORE THAN
YOU
BARGAINED FOR!**



“Think twice before you bring meat, animal products and plants back home. And if in doubt, leave it out.”

Antony Worrall Thompson, Chef

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Meat and Animal Products

Animal diseases, such as Foot and Mouth Disease and Classical Swine Fever are present in many parts of the world. Although many animal diseases do not affect people, we know what devastation they can cause if brought in to the UK - not just to farming, but to the tourism and leisure industries as well.

Animal diseases can be carried in meat - and in animal products too. For example, milk may carry tuberculosis. This disease can be a problem for cattle as well as for people. Other animal products such as eggs, dairy products, or untreated animal skins can carry bacteria or disease. There are regulations restricting what meat and animal products you can bring back to the UK from outside the European Union. So, if you have any doubts about a product's safety - to animals as well as to people - please leave it behind.



“When you go abroad it’s tempting to buy unusual souvenirs and gifts. But before you put your bargaining skills to the test, stop and think. The UK has strict import restrictions on meat, animal products and plants brought back from countries outside the European Union. These products can harbour diseases or pests that may be harmful to animals, plants or people. Even if you only buy just one or two items for yourself, it’s possible that you may be bringing back something that’s contaminated.



So make sure you don’t bring back more than you bargained for. Check the rules on what you can and can’t bring back before you travel. Think twice before you bring meat, animal products and plants back home. And if in doubt, leave it out.”

Antony Worrall Thompson

Antony Worrall Thompson, Chef



Plants and Plant Products

Plant pests and diseases introduced from abroad can pose a serious threat to our agricultural and horticultural industries as well as to our native flora. Because of this many types of plant material imported from outside of the European Union are subject to strict import controls. Items include plants for planting, cuttings, bulbs, some fruits, potatoes and some seeds.



Your travels may inspire you to reproduce some of the exotic gardens of the world in your own back garden. But, if you are tempted to do this please check on the import regulations before you travel.

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