



**Te Kāwanatanga o Aotearoa**  
New Zealand Government

# Before You Go... Stop!

Essential information for New Zealanders  
travelling overseas.



# Log on before you take off!



Go to [safetravel.govt.nz](https://www.safetravel.govt.nz) to

- Check out the latest travel advice
- Register your travel and contact details

## In an emergency overseas

For our 24/7 Consular emergency line call:  
0800 30 10 30 (NZ) or  
+64 99 20 20 20 (overseas)

Staff at New Zealand embassies can help you if you get into difficulties overseas.

Consular services are available to all New Zealand citizens outside New Zealand.

If you also hold citizenship of another country and are travelling on that passport, check [safetravel.govt.nz](https://www.safetravel.govt.nz) for further advice.



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## Before you go



### **Make sure your passport is a pass!**

#### **Important messages for New Zealand passport holders**

Check your passport details are correct and sign page three.

- Parents must not sign children's passports.
- A signature is not required if the passport holder is unable to sign or is a child under 10 years old.

Take care of your passport.

- Your ePassport contains a contactless integrated circuit chip. Please look after your passport like any other portable electronic device, don't let it get wet, folded or damaged. Damage may affect chip operation at border control.

## Lost, stolen or damaged passport

If you lose your passport or it's stolen overseas you should:

- report it to the local Police; and,
- apply for a replacement passport online: [passports.govt.nz](https://passports.govt.nz); or,
- contact the nearest New Zealand Embassy or High Commission to see if the issuance of an Emergency Travel Document is an appropriate option.

For more information visit [passports.govt.nz/lost-stolen-or-damaged-passport](https://passports.govt.nz/lost-stolen-or-damaged-passport)

## Your passport

A passport is required for travel to all countries, including Australia.

Check visa requirements for your destination.

Make sure you have enough clear pages in your passport for immigration stamps and visas.

## Tips for keeping your passport secure

- Make a note of your passport number and make a copy of the personal details page.
- Keep your passport in a secure place at all times.
- Have an additional means of photo identification to carry with you.
- Never hand your passport over as a guarantee.

## New Zealand citizens travelling on non-New Zealand passports

To enter New Zealand as a New Zealand citizen, you must hold evidence of your citizenship. This may either be a New Zealand passport, or a foreign passport which contains a New Zealand citizenship endorsement.

New Zealand citizenship endorsements are issued by Immigration New Zealand, and further information on the application process can be found on [immigration.govt.nz/citizens-on-foreign-passport](https://immigration.govt.nz/citizens-on-foreign-passport)

It's important that you travel back into New Zealand either on your New Zealand passport, or on your foreign passport which contains an endorsement. This is to avoid any issues or delays when travelling, and to ensure that you arrive back with the correct status.

New Zealand citizens can't hold a New Zealand visa. This means that once New Zealand citizenship is obtained, any visa that may have been held by that person is invalidated and can no longer be used for travel.







## Look after your health

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Ask your healthcare provider 4 to 6 weeks before travelling if any vaccinations are recommended or required for the areas you're travelling to, or visit

[who.int/travel-advice/vaccines](https://www.who.int/travel-advice/vaccines)

Vaccinations are important to stop you getting unwell overseas or bringing diseases, such as measles, influenza, whooping cough, tetanus, polio or covid, back to New Zealand. You can check your vaccination records at [my.health.nz](https://my.health.nz) Babies can sometimes be vaccinated early - see your healthcare provider for more information.

Health New Zealand – Te Whatu Ora also provides health information for travellers at [tewhatuora.govt.nz/keeping-well/travelling](https://www.tewhatuora.govt.nz/keeping-well/travelling)



## Tips for safe travel

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Check out the latest travel advice at [safetravel.govt.nz](https://safetravel.govt.nz). SafeTravel has a wide range of tips to help ensure safety when travelling in foreign countries, what to do if things go wrong, and how the New Zealand government can (or can't) help if you are in trouble.

Register your travel and contact details at [safetravel.govt.nz](https://safetravel.govt.nz). This information is kept confidential and only used if there is an emergency. For example, it means we can give you warning of an approaching tropical cyclone, give you advice on what to do if there's a major civil unrest.

Take out travel insurance. Your policy needs to be comprehensive and should cover any

activities you plan to undertake (from scuba diving to scooter riding), personal liability, medical treatment, global pandemics, emergency evacuations and any pre-existing medical conditions. Even minor medical treatment can be very expensive overseas. For more information on travel insurance and providers see [icnz.org.nz](https://www.icnz.org.nz)

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## Your money matters!

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If you receive payments from, or you owe money to a government organisation, you may need to tell them before you travel overseas.

### Benefits and payments

Talk with Work and Income about when you're going and why. They'll check if your payments can continue while you're away.

If you don't check, your payments may stop when you leave New Zealand.

Travelling overseas can impact your student loan, child support, Working for Families, NZ Super and Veteran's Pension payments. Find out how it may impact you by visiting [ird.govt.nz](http://ird.govt.nz)

Make sure your contact details are up to date, and let IRD know if you're leaving New Zealand. The easiest way is to register for, or log in to your myIR account and send a web message.

## **Unpaid fines**

You could be stopped from travelling overseas at any New Zealand international airport if you have outstanding fines or reparation (court ordered payment).

By paying what you owe immediately, you can travel just like everyone else.

### **Travelling in the next 48 hours?**

It's quickest to pay over the phone. Call the Ministry of Justice 24 hours a day, 7 days a week on 0800 PAYORSTAY (0800 729 677).

### **Travelling soon or already overseas?**

Pay your fines online at [justice.govt.nz/pay-fine](https://justice.govt.nz/pay-fine)

## While you're away



### **Airport security screening**

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New Zealand has similar aviation security measures to those of other countries – including specific restrictions on what you can take in your hand luggage into the cabin of an aircraft and what can travel in your checked-in luggage.

For detailed information on dangerous goods, prohibited items, and the ‘powders, liquids, aerosols and gels’ regime go to New Zealand’s Aviation Security Service website:

[aviation.govt.nz](https://aviation.govt.nz)

For information on other countries’ requirements, check their airports’ websites.



## **Consular services overseas**

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Staff at New Zealand embassies can help you if you get into difficulties overseas.

### **Who can receive help?**

Consular services are available to New Zealand citizens outside New Zealand (whether or not they normally live in New Zealand).

Dual citizens may not be granted access to New Zealand consular assistance if they enter a country on their non-New Zealand passport, or if they are in the country of their other non-New Zealand citizenship.

## **Staff at embassies can:**

- Give you advice, with the aim of helping you to help yourself
- Help you with a lost or stolen passport
- Help you contact relatives or friends to request emergency funds
- Provide a list of English-speaking lawyers, and help you contact family and friends, if you're detained or arrested
- Help you contact family or friends if you're ill or injured
- Help with arrangements following a death overseas
- Help during crises, such as civil unrest and natural disasters
- In certain circumstances, provide notarial services such as witnessing affidavits, statutory declarations and other documents for use under New Zealand law.





## Staff at embassies **cannot**:

- Pay your hotel, travel or other bills, legal or medical expenses, or costs of returning a body to New Zealand
- Give you legal advice, investigate a crime or get you out of prison
- Get you better conditions in prison or hospital than a local citizen would receive
- Operate a personal mail service for you or store your belongings
- Become involved in civil disputes
- Arrange visas or work/residency permits for you
- Compel another country to overturn your travel ban.





### Traveller declarations

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Everyone travelling into New Zealand needs to complete a New Zealand Traveller Declaration (NZTD), including New Zealand citizens. The NZTD collects travel, customs, immigration and biosecurity information and aims to improve the safety and security of New Zealand.

It's free and you can complete a digital declaration:

- on the website [TravellerDeclaration.govt.nz](https://travellerdeclaration.govt.nz),  
**or**
- on the NZTD app, which you can download at the App Store or Google Play.

For travellers coming by air, the earliest you can submit your declaration is 24 hours before you start your trip to New Zealand. It needs to be submitted by the time you reach passport control in New Zealand.

For travellers coming by sea, the earliest you can submit your declaration is 24 hours before departing the vessel's last foreign port before arriving in New Zealand. It needs to be submitted by the time the vessel has berthed at its first port in New Zealand.

Your digital declaration is linked to your passport. This means when your passport is scanned, the system recognises you have completed a digital declaration and, you don't need to complete an NZTD paper form.

If you're unable to complete a digital declaration, a paper form will be available.

Find out more at

[TravellerDeclaration.govt.nz](https://travellerdeclaration.govt.nz)



## Declare or dispose biosecurity risk items

### Declare or dispose

When you return to New Zealand from overseas, you might have goods with you that could be carrying pests and diseases which could cause millions of dollars in damage to our environment and economy. It's New Zealand law to declare or dispose of risk goods at our international borders.



## What are risk goods?

Risk goods include:

- food (fruit and vegetables, any meat, fish and poultry, honey, ingredients used in cooking, condiments, dried foods, and all dairy products)
- plants and plant products
- wooden items
- seeds
- animal products
- traditional/herbal medicines
- used footwear, sports or outdoor equipment.

For more information about risk goods that must be declared visit [mpi.govt.nz/canibringit](https://mpi.govt.nz/canibringit)

## If you have biosecurity risk items

If you want a quick trip through our airports and other borders, don't bring risk goods with you. If you're unsure if items you're carrying are risk goods, declare them.

If you fail to declare risk goods on your New Zealand Traveller Declaration, you could face a \$400 instant fine or be prosecuted.

If you declare rather than dispose of risk goods, your goods may be inspected, some may require treatment and you may have to pay for this service.

Amnesty bins are provided at our borders for you to dispose of risk goods before you go through the biosecurity process.

## Produced by



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