

Important travel update – Middle East disruption (As at 4th March 2026)

This is an important update regarding the ongoing situation in the Middle East, which is causing significant travel disruption.

What's happening right now?

- Over **11,000 flights have been cancelled**, affecting around **1.5 million passengers**.
- Airspace is closed or partially closed over: **Iran, Israel, Qatar, Bahrain, Kuwait, Iraq, Syria and the UAE**.
- Major disruption is also being reported in **Saudi Arabia, Oman, Jordan, Lebanon and Egypt**.
- Many international airlines across Europe, Asia-Pacific, North America and Africa have suspended or diverted flights.

If you are planning to travel or have a trip booked but have not yet travelled

The UK Foreign, Commonwealth & Development Office (FCDO) is currently advising **against all travel or all but essential travel** to the following countries:

- Bahrain
- Israel
- Kuwait
- Palestine
- Qatar
- UAE
- Oman

If you choose to travel to, or travel through, any of these countries while this advice is in place, **your travel insurance policy will not provide cover**.

Please check the latest FCDO advice before travelling. Their guidance is regularly updated on the GOV.UK website.

If you are already abroad and affected by the situation in the Middle East

Contact your airline or travel provider as soon as possible to understand your options for rebooking or rerouting.

- Follow updates from official sources, including your airline and the FCDO.
- If you are travelling to a nearby country that is not currently affected, we strongly recommend checking official updates frequently in case the situation changes.

The FCDO strongly recommends that British nationals currently in **Bahrain, Israel, Kuwait, Palestine, Qatar, UAE and Oman**:

- Register their presence to receive updates and support from UK authorities
- Shelter in place
- Remain indoors and avoid all travel
- Follow instructions from local authorities

Need emergency medical assistance?

If you require urgent medical help, please contact our 24-Hour Assistance Team:

Tel: +44 (0) 1403 788 719 (from anywhere except the USA, Canada or Mexico)

Tel: +1-844-780-0494 (toll free from a landline in the USA or Canada)

Tel: 00 1 819 780 0494 (from Mexico or calling from a UK mobile phone while in USA or Canada)