

● Stay & Evidence

● Impact & Costs

● Your Timeline

Bed Bug Evidence Checklist & Timeline

Keep the facts of your hotel or holiday stay together, from the first signs to the response, treatment and costs.

Start with what you have. Missing photos or documents do not automatically rule out an enquiry. Record what you saw, what you suspect and what was confirmed. Do not delay medical care or necessary treatment to collect evidence.

1 Your Stay

Accommodation Name and Location

Dates of Stay

Room / Caravan / Apartment Number

Who You Booked Through

Booking Type (e.g. Package / Hotel Only)

2 Evidence You Already Have

Tick what exists. Keep original files and put the records in one folder.

- | | |
|--|--|
| ☐ Room photos / videos or insects | ☐ Dated photos of bites or skin marks |
| ☐ Booking confirmation and stay dates | ☐ Complaint messages and replies |
| ☐ Inspection or pest treatment findings | ☐ Treatment records and receipts |

Also useful: note who witnessed the problem or your complaint. Record their account accurately; do not assume a bite pattern confirms its cause.

● Stay & Evidence

● **Impact & Costs**

● Your Timeline

Response, Impact & Costs

Short, factual notes are enough. Include improvements as well as problems.

3 The Complaint and Response

Who You Told and When (Hotel / Organiser / Representative)

What Was Reported and What Happened Next

For example: inspection, room move, alternative accommodation, treatment or refund offer. Keep any terms attached to an offer.

Other People Who Saw the Problem or Witnessed the Complaint

4 Injuries, Treatment and Daily Impact

Symptoms, Treatment Dates and Any Continuing Effects

Include sleep, activities or work affected. Keep medical advice separate from your own observations.

5 Related Expenses

Date / Expense	Why It Was Needed / Receipt Reference	Amount (£)

Continue on a separate sheet if needed. Keep itemised invoices and proof of payment.

● Stay & Evidence

● Impact & Costs

● **Your Timeline**

Your Timeline

Record the first signs, complaints, room moves, medical care and later findings. If something only became apparent at home, say when.

Date / Time	What Happened or What You Did	Record / File Name

Anything Still Uncertain or Awaiting a Response?

A receipt records a payment; it does not establish liability. This worksheet helps organise facts and does not confirm a diagnosis or entitlement to compensation.

Not Sure If You Could Claim?

Tell us where you stayed, how you booked and how you were affected. Your initial assessment is free.

Call 0161 813 2131

[View Bed Bug Claims Advice](#)



[Scan for claim advice](#)