

Long Haul Holiday Report 2024

ITEMS	1 Cape Town (3) SOUTH AFRICA	2 Tokyo (5) JAPAN	3 Hoi An (1) VIETNAM	4 Bali (4) INDONESIA	5 Mombasa (2) KENYA
Cup of filter coffee - café/bar	£1.63	£2.46	£1.44	£1.83	£1.50
Bottle of local lager - café/bar	£1.81	£2.96	£1.53	£2.18	£2.34
Bottle/can of Coca-Cola - café/bar	£1.27	£2.18	£1.22	£1.20	£1.12
Glass of wine - café/bar	£2.72	£2.29	£4.74	£4.09	£3.26
Cocktail - café/bar	£3.71	£3.63	£4.53	£4.69	£4.49
Small chocolate bar (58g Mars/Snickers or similar)	£1.00	£0.89	£0.79	£1.36	£1.49
Bottle of still mineral water (1.5 litre) - supermarket	£0.86	£0.67	£0.41	£0.32	£0.53
Suncream (SPF15 Nivea or similar) - supermarket	£6.11	£4.08	£3.58	£12.48	£8.33
Insect repellent (small bottle/tube) - supermarket	£3.17	£3.13	£1.02	£0.79	£1.04
3 course evening meal for two adults incl. bottle of house wine	£33.31	£41.78	£45.54	£38.76	£44.43
TOTAL COSTS	£55.59	£64.07	£64.80	£67.70	£68.53
2024 vs 2023 %+/-	-12.0%	-13.5%	+21.1%	-7.9%	+13.8%

ITEMS	6 Delhi (6) INDIA	7 Sharm el-Sheikh (8) EGYPT	8 Colombo (10) SRI LANKA	9 Santiago (14) CHILE	10 Montego Bay (12) JAMAICA
Cup of filter coffee - café/bar	£1.75	£1.38	£1.66	£2.70	£2.81
Bottle of local lager - café/bar	£3.30	£2.76	£2.40	£3.60	£2.94
Bottle/can of Coca-Cola - café/bar	£1.40	£1.41	£1.26	£2.16	£1.56
Glass of wine - café/bar	£5.84	£3.84	£6.16	£3.78	£5.93
Cocktail - café/bar	£5.95	£6.57	£4.95	£6.30	£5.80
Small chocolate bar (58g Mars/Snickers or similar)	£0.45	£0.67	£0.36	£0.90	£1.31
Bottle of still mineral water (1.5 litre) - supermarket	£0.20	£0.14	£0.39	£0.90	£0.65
Suncream (SPF15 Nivea or similar) - supermarket	£4.98	£14.48	£5.35	£7.37	£6.06
Insect repellent (small bottle/tube) - supermarket	£1.99	£1.99	£3.98	£5.85	£5.78
3 course evening meal for two adults incl. bottle of house wine	£49.04	£43.23	£51.63	£55.36	£60.90
TOTAL COSTS	£74.90	£76.47	£78.14	£88.92	£93.74
2024 vs 2023 %+/-	-1.0%	-16.4%	-14.8%	-14.3%	-9.4%

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ITEMS	11 Rio de Janeiro (13) BRAZIL	12 Phuket (7) THAILAND	13 Penang (9) MALAYSIA	14 Orlando (11) USA	15 Grand Baie (18) MAURITIUS
Cup of filter coffee - café/bar	£1.56	£2.43	£3.44	£2.42	£2.68
Bottle of local lager - café/bar	£2.81	£2.18	£3.44	£3.88	£3.58
Bottle/can of Coca-Cola - café/bar	£1.56	£1.46	£1.91	£2.55	£2.68
Glass of wine - café/bar	£5.46	£4.13	£8.60	£6.21	£6.26
Cocktail - café/bar	£5.46	£5.82	£8.03	£9.32	£4.47
Small chocolate bar (58g Mars/Snickers or similar)	£0.78	£0.68	£0.76	£1.08	£0.80
Bottle of still mineral water (1.5 litre) - supermarket	£0.55	£1.60	£0.46	£2.01	£0.47
Suncream (SPF15 Nivea or similar) - supermarket	£7.80	£11.14	£11.94	£6.21	£19.68
Insect repellent (small bottle/tube) - supermarket	£8.59	£1.82	£3.04	£3.88	£7.96
3 course evening meal for two adults incl. bottle of house wine	£61.66	£70.94	£62.20	£71.67	£63.23
TOTAL COSTS	£96.23	£102.20	£103.82	£109.23	£111.81
2024 vs 2023 %+/-	-7.1%	+15.7%	+13.1%	+9.8%	-8.4%

ITEMS	16 Cancun (20) MEXICO	17 Lima (15) PERU	18 Vancouver (24) CANADA	19 St George's (21) GRENADA	20 St. John's (16) ANTIGUA
Cup of filter coffee - café/bar	£2.52	£1.78	£2.20	£1.81	£3.31
Bottle of local lager - café/bar	£3.36	£4.46	£4.77	£1.50	£3.01
Bottle/can of Coca-Cola - café/bar	£2.35	£1.56	£1.71	£1.50	£2.71
Glass of wine - café/bar	£6.38	£5.58	£6.66	£4.81	£5.42
Cocktail - café/bar	£6.68	£7.81	£7.49	£3.91	£6.62
Small chocolate bar (58g Mars/Snickers or similar)	£0.97	£1.34	£1.50	£1.40	£2.10
Bottle of still mineral water (1.5 litre) - supermarket	£0.57	£1.34	£1.04	£1.50	£1.35
Suncream (SPF15 Nivea or similar) - supermarket	£9.32	£12.27	£9.25	£7.82	£13.93
Insect repellent (small bottle/tube) - supermarket	£3.80	£6.69	£6.94	£5.12	£4.96
3 course evening meal for two adults incl. bottle of house wine	£77.72	£72.51	£81.48	£94.49	£81.55
TOTAL COSTS	£113.67	£115.34	£123.04	£123.86	£124.96
2024 vs 2023 %+/-	-10.8%	+3.5%	-8.4%	-4.0%	+8.9%

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ITEMS	21 Punta Cana (26) DOMINICAN REP.	22 Scarborough (19) TOBAGO	23 Rodney Bay (17) SAINT LUCIA	24 Auckland (23) NEW ZEALAND	25 Downtown (22) DUBAI	26 St. James (30) BARBADOS
Cup of filter coffee - café/bar	£3.34	£1.83	£2.41	£2.45	£3.02	£3.46
Bottle of local lager - café/bar	£4.00	£1.83	£2.11	£5.88	£7.55	£3.25
Bottle/can of Coca-Cola - café/bar	£2.71	£1.22	£1.50	£2.94	£2.59	£2.03
Glass of wine - café/bar	£7.25	£6.11	£4.51	£7.10	£8.20	£6.91
Cocktail - café/bar	£7.51	£7.33	£7.52	£9.31	£8.20	£6.51
Small chocolate bar (58g Mars/Snickers or similar)	£0.94	£1.47	£0.98	£1.18	£0.78	£1.62
Bottle of still mineral water (1.5 litre) - supermarket	£0.66	£1.96	£0.98	£0.48	£0.36	£2.85
Suncream (SPF15 Nivea or similar) - supermarket	£9.31	£9.78	£11.73	£11.26	£10.59	£12.20
Insect repellent (small bottle/tube) - supermarket	£6.84	£5.50	£3.08	£5.63	£3.09	£6.49
3 course evening meal for two adults incl. bottle of house wine	£82.82	£89.82	£92.38	£88.17	£94.24	£95.97
TOTAL COSTS	£125.38	£126.85	£127.20	£134.40	£138.62	£141.29
2024 vs 2023 %+/-	-7.9%	+2.0%	+6.6%	+1.6%	+7.6%	-18.5%

ITEMS	27 Melbourne (-) AUSTRALIA	28 Cairns (-) AUSTRALIA	29 Darwin (25) AUSTRALIA	30 New York (29) USA	31 Samara (27) COSTA RICA	32 Sydney (-) AUSTRALIA
Cup of filter coffee - café/bar	£2.40	£2.40	£3.20	£3.42	£2.48	£2.40
Bottle of local lager - café/bar	£5.86	£5.86	£6.40	£5.82	£3.31	£5.33
Bottle/can of Coca-Cola - café/bar	£3.20	£3.47	£3.20	£3.03	£2.48	£2.93
Glass of wine - café/bar	£8.00	£5.86	£7.46	£10.48	£5.79	£8.53
Cocktail - café/bar	£10.66	£8.53	£11.73	£13.20	£7.44	£11.20
Small chocolate bar (58g Mars/Snickers or similar)	£1.07	£1.07	£1.60	£1.16	£0.99	£1.07
Bottle of still mineral water (1.5 litre) - supermarket	£0.43	£0.43	£1.87	£1.39	£1.65	£0.43
Suncream (SPF15 Nivea or similar) - supermarket	£10.10	£10.10	£9.60	£10.09	£21.98	£11.46
Insect repellent (small bottle/tube) - supermarket	£4.80	£4.80	£4.80	£4.65	£10.74	£4.80
3 course evening meal for two adults incl. bottle of house wine	£100.24	£110.90	£107.70	£110.27	£107.44	£116.77
TOTAL COSTS	£146.76	£153.42	£157.56	£163.51	£164.30	£164.92
2024 vs 2023 %+/-	N/A	N/A	+15.6%	+5.0%	+11.4%	N/A

The Post Office Long Haul Holiday Report barometer table is compiled from prices provided by national or regional tourist offices of participating countries and/or from online research conducted by Post Office Travel Money. 10 items were selected as representative of the purchases that UK holidaymakers are likely to make on a long haul holiday. Exchange rates used are Post Office internet rates for exchange of £500-£999 in September 2024.