

to have a separate itinerary arranged for a spouse, it is sometimes possible to include him or her in some of the activities arranged for the visitor.

What to pack

Knowing *where* you are going in Canada and *when* determines what you will pack and what you may expect when you arrive. Canada is a large country; geography and climate change from the Atlantic to the Pacific coasts and of course, up north to the Arctic. When you land, you will be a dot in the 9,976,139 square kilometres (3,851,809 square miles) of territory that is Canada. Travelling from east to west, you would cover 5,187 kilometres (3,223 miles), from south to north, some 4,267 kilometres (2,875 miles). Vancouver is closer to Yokohama, Japan, than to Canada's eastern most city, St. John's, Newfoundland. There are six time zones (see appendix for map). While a typical January day in Ottawa, Ontario, may be -16 degrees celsius (3 degrees fahrenheit), the same day may dawn a moderate six degrees (42.8 degrees fahrenheit) in Vancouver, British Columbia, or -6 degrees celsius (21 degrees fahrenheit) in St. John's, Newfoundland. Similarly, a beautiful June day in Ottawa may be as warm as 23 degrees celsius (73.4 degrees fahrenheit), while in Vancouver around 20 degrees (68 degrees fahrenheit) and St. John's a moderate 15 degrees (59 degrees fahrenheit). (See temperature chart in appendix for more detailed information.) But the sun often shines over Canada in winter.