

SAY NO TO RECREATIONAL DRUGS

Do not carry or use recreational drugs like marijuana, cocaine and ecstasy in foreign countries. Severe penalties are imposed for possessing them. For narcotics offences, some countries impose the death sentence.

Don't cross a border with someone you've just met. If the person is carrying drugs, suspicion and guilt can fall on you by association. And, as always, never let anyone convince you to carry a parcel or suitcase over a border for them.

PRESCRIPTION DRUGS

Carry prescription drugs in their labelled containers and bring along a note from your doctor explaining their purpose. If you need to bring syringes, have your doctor certify in writing that they're for personal use.

Some prescription drugs that are legal in Canada are illegal elsewhere. Check with the embassy of the country you're visiting to determine whether your prescription drugs are legal there.

WHAT HAPPENS IF YOU GET SICK?

Some provincial and territorial health plans don't cover out-of-country expenses, and those that do don't cover everything. Arrange for supplementary private insurance that covers the costs of hospitalization and medical evacuation.

SEE YOUR DOCTOR

Visit your physician at least six weeks before leaving on a trip to find out what immunizations you need and what medications to take with you.

TRAVEL WITH VISION

Bring along the eyeglass prescription from your optometrist or ophthalmologist in case you lose your glasses or contact lenses and need a new pair.

SAME-SEX COUPLES

Many countries do not recognize same-sex marriage and may deny entry to couples who declare themselves. Severe penalties are sometimes imposed on homosexuality itself.

ARREST AND DETENTION

If you're arrested, authorities are required under international law to notify Canadian consular officials—but only if you ask them to. Canadian officials can't arrange for your release, but can offer support and a list of good lawyers.



Distress cases among Canadians travelling abroad in 2010

Deaths 1,154	Assault 207	Well-being/ whereabouts 725	Medical assistance 771	Children's issues 406	Arrest/ detention 1,844
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Going abroad soon? Remember the 3 R's

READ UP AND BE SURE AND SECURE

Sometimes visiting a country becomes dangerous because of natural disasters or civil unrest. The most current Government of Canada travel reports are available on DFAIT's travel website. You'll also find all sorts of advice on how to ensure that you have a pleasant trip.

REGISTER AND ROCA 'N' ROLL

Before you leave home, register online, by mail, by phone or in person with the free Registration of Canadians Abroad (ROCA) service. The service provides a way to let Canadian officials know that you are travelling or living in another country. You can be contacted if an emergency occurs in a place you're visiting or if you have a family emergency at home. Be sure to update your information every time you make a trip abroad.

REACH US 24/7

For emergency help, call the nearest Canadian embassy or consulate. At any time, you can also place a collect call to DFAIT's Emergency Watch and Response Centre (EWRC) in Ottawa, at 1-613-996-8885, or send an email to sos@international.gc.ca. If you call a mission during business hours, you'll be directed to the consular service. When the mission is closed, your call will be redirected to the EWRC, which is open around the clock, every day of the year.

Did you know?



In Jamaica and some eastern Caribbean countries, it's illegal to wear camouflage clothing, which is reserved for police and military use.



In Cuba, accidents causing death or injury are treated as crimes. If you are involved in one, you'll have to prove your innocence at trial, which may take months. Until then, you have to remain in Cuba—possibly in jail. Also, accident insurance won't cover you if you're at fault in a mishap, and you may have to remain in Cuba until you pay for repairs.

For other interesting facts, visit www.travel.gc.ca.