

for *Parents* is available from Foreign Affairs. See page 31 for details on how to order this publication.

If a person younger than 18 is travelling alone or with only one parent or another adult, notarized documentation certifying that the trip is permitted by both parents should be carried.

Have a Great Trip, But Before You Go...

- ❖ Do your research. Learn about the country you plan to visit. Learn a few phrases in the local language.
- ❖ Arrange supplementary health insurance and travel insurance.
- ❖ Carry proof of insurance coverage, and give a copy to someone at home.
- ❖ Draw up a flexible itinerary and budget. Leave a copy at home.
- ❖ Make sure your passport hasn't expired and is valid for six months beyond the time of your trip. Photocopy the identification page and keep it separate from your passport. Leave another copy with somebody at home. Fill out the "In case of accident or death notify" section in your passport.
- ❖ Make sure you have any visas you need.
- ❖ Find out whether or not you or any members of your family are considered nationals of any of the countries you plan to visit.
- ❖ Have any vaccinations required. If you are taking medication with you, make sure you keep it in its original container. Carry a doctor's prescription for any controlled drugs, and if you use syringes, carry a medical certificate. Leave copies at home as well.
- ❖ Keep the original receipts for any purchases you make, as well as your hotel bill, rental car agreement and medical service bills.

- ❖ If you are female and travelling alone, take extra precautions to ensure your safety.
- ❖ Review all child custody arrangements if you're travelling with a child. If your child is travelling alone, have him/her carry documentation stating that the trip is permitted by both parents.
- ❖ Ensure that any plant and animal products you plan to bring back are acceptable to Canada. Travelling pets may require shots and special permits (at a fee). See page 26 for more information and check with a local office of the Canadian Food Inspection Agency.
- ❖ Don't forget to pack this booklet. It could help you more than you can imagine.

PART TWO: ASSISTANCE IS AVAILABLE

Register at the Canadian Mission

If your stay is longer than three months in one country, it is recommended that you formally register at the nearest Canadian mission. This will help us contact you in case of an emergency or crisis. Registration is voluntary and the information you provide is not shared with any other part of the Canadian government. Registration is not usually available in the countries of Western Europe, Japan, Australia, New Zealand and the United States.

In countries where Canada has no direct representation, there may be arrangements in place for you to register with another country's embassy or consulate. For instance, Canada has a formal reciprocal agreement with Australia.

Consular Assistance

Canada's missions abroad are ready to help you in case of an emergency. In some instances, there may be a fee for services.

What can we do for you?