

you request it, Customs can apply a sticker to any item to give it a serial number.

Jewellery often has significant value and can be difficult to identify. To make it easier to re-enter the country with jewellery, you should contact your nearest Customs office to find out the steps to take before your departure.

Women Travelling Solo

Her Own Way: Advice for the Woman Traveller provides information specifically for women travellers. See page 30 for details on how to order this DFAIT publication. There are also books that cover the concerns of women travellers and offer helpful travel tips. Check with your local bookstore or library before you go or click onto *Journeywoman Online*, a magazine published on the Internet for women who love to travel (<http://www.journeywoman.com>).

Travelling with Children

If you are travelling to another country with your child and there is a possibility of a custody dispute developing while you are away, you should talk to a lawyer before leaving home. A special publication, *International Child*

Abductions: A Manual for Parents, is available from DFAIT. See page 30 for details on how to order this publication.

Your child custody arrangements in Canada may not be recognized in another country. In extreme cases, you or your child may not be allowed to leave. Check your status with the country's embassy or consulate in Canada **before** you travel. In regard to custody questions, contact DFAIT's Consular Case Management division at **1-800-387-3124** (in Canada) or **(613) 943-1055**.

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.

Before You Go... A Traveller's Checklist

- 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 has not 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 someone 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 you or any members of your family are considered nationals of the country 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 are 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 or animal products you plan to bring back are acceptable to Canada. Travelling pets may require shots and special permits (at a fee). See page 25 for more information and check with a local office of the Canadian Food Inspection Agency.
- Do not forget to pack this booklet. It could help you more than you can imagine.**