

## Traveller's Checklist



Help ensure a safe and problem-free trip by taking these steps before leaving Canada:

- Pack this booklet and a copy of the Country Travel Report for your destination.
- Carry a passport that is valid well beyond the date of your anticipated return to Canada; keep a copy of the identification page separate from the original.
- Plan your itinerary and budget.
- Arrange for health and travel insurance.
- Leave copies of your passport identification page, itinerary and insurance policy with friends or family.
- Obtain any required visas well in advance.
- Check whether dual citizenship is an issue for you.
- If travelling with children, carry documentation proving your right to accompany them (consent letter, court order).
- Take care of health needs: vaccinations, prescriptions, medical certificates, supplies, extra eyeglasses.
- Obtain an International Driving Permit, if required.
- Register with a Canadian government office abroad, if needed.
- Anticipate financial needs: local currency, traveller's cheques, departure tax.
- Prepare for your flight by carefully attending to luggage, documentation and airport security.
- While abroad, keep receipts for purchases and make special arrangements for food, plants and animals brought back to Canada.



## ON THE ROAD

### Taking Precautions

The same rules apply abroad as at home, only more so. Foreigners are usually at greater risk than locals. In many countries, foreigners are specifically targeted. Be sure not to wander into unknown areas—find out how safe they are first. Do not pick up hitchhikers or cross borders with people you have just met. Watch your luggage and make sure it is locked. **Never take anything, even an envelope, across a border for someone else.**

Do not display large amounts of money or expensive jewellery in public. Use a money belt or a case with concealed sections for valuables.

Remember to telephone home, particularly if you have promised family members or friends that you will do so. We receive thousands of calls every year from worried family members or friends who have not received a promised call.

Keep a separate record of your traveller's cheques and credit cards. **Never carry your passport, travel tickets, identification documents, cash, credit cards and insurance papers together.** If you do so, your risk being left with no identification or funds in case of theft or loss.

Use the safety deposit box at your hotel. Never leave valuables in your room.



### Foreign Laws and Customs

When travelling or living in a foreign country, familiarize yourself with the way of life there. Respect that country's laws, religions, culture, class structure and economic conditions. Although you may not agree with some of the country's beliefs, remember that you are a visitor.

In many countries, appropriate attire for both sexes is very important and may even be legislated. Penalties for disobeying local laws can be severe.

Be especially respectful of temples, mosques, churches, synagogues and other religious sites. Many are off limits to foreigners or people who are not members of that faith. Ask permission before taking photographs of religious artifacts, buildings or local people.

Never take photographs of military facilities, a harbour where naval vessels are docked or industrial installations such as oil refineries. Your film and camera could be confiscated, and you could even come under suspicion of espionage.