

Do not try to save luggage space by combining medications in one container. Keep all medications in the original, labelled container to avoid customs problems.

Some medications that are sold over the counter in Canada are illegal or require a prescription in other countries. Find out whether your medication is legally available in the country you plan to visit. For travel to some countries, it is advisable to obtain a *note from your doctor, stating the medical reasons for your prescription and the recommended dosage.*

If you need syringes for a medical condition, such as diabetes, it is important to take along an adequate supply. You should also carry a medical certificate that indicates the syringes are for medical use.

SUPPLEMENTAL HEALTH INSURANCE

Do not rely on your provincial health plan to cover costs if you get sick or are injured while abroad. Out-of-country healthcare can be costly, and your health plan will cover only part of the bill at best. It is your responsibility to obtain supplementary travel insurance and understand the terms of your policy.

Some credit card companies offer their holders health and travel insurance. Do not assume that coverage is automatically included or that the card alone provides adequate coverage.

Some companies charge an additional premium for travel coverage. Others require that you pay for your travel arrangements using that card. Verify the conditions, limitations, and requirements before departure.

BE SURE TO ASK WHETHER YOUR POLICY:

- Includes an in-house, worldwide, 24-hour emergency hotline with multilingual operators, as well as physicians or nurses on staff.
- Covers doctor's visits and prescription medicines.
- Pays for foreign hospitalization and related medical costs.
- Provides up-front and direct payment of bills and cash advances abroad, so you don't have to be out of pocket.
- Covers emergency transportation, such as ambulance services.



HURRICANE SEASON TRAVEL TIPS



The hurricane season extends from early June to late November. Mexico, Central America, the Caribbean, and the east and Gulf coasts of the United States are the most threatened areas. If you plan to travel during hurricane season, we encourage you to:

- **Check our Travel Warnings page** at www.travel.gc.ca to see if it is safe to travel to your destination.
- **Confirm travel arrangements** prior to departure and ensure that your travel insurance allows for trip cancellation or interruption in the event of a hurricane.
- **Ensure that detailed information is left with family or friends in Canada**, including the name of the tour operator, flight details, hotel name, location, room number, and telephone numbers.
- **Ensure that page 4 of your passport is filled out properly** and leave copies of all travel documents with someone in Canada.
- **Register with the responsible Canadian government office** in the country you plan to visit (see page 8).
- **Monitor local news broadcasts and weather reports** carefully, follow the advice of local authorities and tour operators, and know how to contact the nearest Canadian government office.
- **Obtain up-to-date weather forecasts** for the region from the National Hurricane Center at www.nhc.noaa.gov.
- **Visit the website of the Canadian Hurricane Centre** at www.atl.ec.gc.ca/weather/hurricane for recommendations on hurricane preparedness.
- **Carry contact details for our Emergency Operations Centre** (see page 44).

For more information, see the "Before You Go" section of our website at www.travel.gc.ca.