

Should a physician advise you to carry a supply of sterile syringes and needles for medical use, it is recommended that you also carry a medical certificate of explanation.

Carry an extra pair of prescription glasses or contact lenses and a copy of your prescription.

Take all the precautions you would at home to avoid HIV infection, the virus that causes AIDS. Using intravenous drugs is illegal and dangerous, especially if you share needles.

Illegal Drugs

The U.S. Zero Tolerance Policy imposes severe penalties for the possession of even a small amount of an illegal drug. Even prescription drugs and syringes used for legitimate medical purposes come under intense scrutiny.

Never carry a package or luggage for someone else unless you have been able to verify the contents completely.

Choose your travelling companions wisely. Never cross the border with a hitchhiker or as a

hitchhiker. Though you may not be carrying anything illegal, your companions might be and you could be implicated.

Be equally careful about who and what you carry in your vehicle. As the driver, you could be held responsible for the misdeeds of your passengers, even if committed without your knowledge or involvement.

For more information, check the "Drugs and Travel" section of the Consular Affairs Web site (www.voyage.gc.ca/main/drugs_menu-en.asp) or our publication *Drugs and Travel: Why They Don't Mix*.

Money Matters

Canadian currency, traveller's cheques in Canadian dollars and personal cheques drawn on Canadian banks are not widely or easily negotiable in the United States. Accordingly, you should purchase traveller's cheques in U.S. dollars before you leave Canada. All major credit cards are accepted throughout the United States. There are banking machines that will accept Canadian bank cards, but these