

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 or 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.

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.

Remember that customs officials are looking for missing children and may ask questions about the children travelling with you. Make sure you carry the proper identification for yourself and any children travelling with you, including any documents required by the country you intend to visit. Proper identification includes birth certificates, baptismal certificates, passports, citizenship cards, records of landing and certificates of Indian status. These will help prove your citizenship and residency when you return to Canada.

Seeking Assistance

Registering at a Canadian Government Office Abroad

If your stay is longer than three months in one country, it is recommended that you formally register at the nearest Canadian government office abroad. This will help us contact you in case

International Adoptions

If you are thinking of adopting a child from another country, you must first contact the authorities of the province or territory in which the child will reside. While adoption is a provincial/territorial responsibility, Citizenship and Immigration Canada (CIC) is responsible for allowing an adopted child into Canada. Entry can be refused if the child does not hold an immigrant visa, and an immigrant visa will not be issued without the prior approval of the province or territory. Obtaining this approval from outside the country can be a difficult and lengthy process; agreement may be denied even if the adoption has already been completed.

For more information, contact your provincial/territorial authorities or the CIC call centre nearest you.

of an emergency. Registration is voluntary, and the information you provide is not shared with any other Canadian government department. Registration is not usually available in the countries of Western Europe or in Australia, New Zealand or the United States.