

## Travel Health Checklist

If you're going away on holiday, be prepared – and keep your health in mind.



### A few travel basics:

- Is my passport valid?
- Do I have all the travel documents I need?
  - Completed ArriveCAN profile
  - COVID-19 vaccination passport
  - Proof of negative COVID-19 test, if destination country requires it
  - Boarding pass
  - Travel visa
  - Emergency contact card
  - International driver's permit
- Do I have travel insurance?
  - Medical
  - Trip cancellation
- Are my prescriptions filled?
- Am I registered at Canadians Abroad ([travel.gc.ca/travelling/registration](https://travel.gc.ca/travelling/registration))?

### A few travel tips:



Get to know the COVID-19 restrictions of your destination country

- Is proof of vaccination required?
- Is proof of negative COVID-19 test required?
- What are the masking requirements?



Check for travel advisories on your destination at [travel.gc.ca/travelling/advisories](https://travel.gc.ca/travelling/advisories)

- Ask your airline company for in-flight rules and last-minute updates



Visit a health care provider or travel medicine clinic 6-8 weeks before your trip



Leave a copy of your passport ID page, itinerary and insurance policy with a friend



- Don't leave sick
- Check the cancellation/refund policy of your airline



In case of emergency abroad, contact [sos@international.gc.ca](mailto:sos@international.gc.ca) or call +1-613-996-8885

For a list of health-related items you may want to bring on your trip, review the checklist on the back.



Visit [howtotravelnow.ca](https://howtotravelnow.ca) for more tips!

# Travel Health Checklist



Nothing brings greater peace of mind than a well-packed suitcase. Check the list below to see what you may need for your trip.

- |   |   |
|---|---|
| <input type="checkbox"/> Masks  | <input type="checkbox"/> Alcohol-based hand sanitizer                     |
| <input type="checkbox"/> Sanitizing wipes                             | <input type="checkbox"/> Any medication normally used                     |
| <input type="checkbox"/> Adhesive bandages and adhesive tape          | <input type="checkbox"/> 1% hydrocortisone cream                          |
| <input type="checkbox"/> Antiseptic wound cleanser                    | <input type="checkbox"/> Allergy medication                               |
| <input type="checkbox"/> Blister latex or vinyl gloves                | <input type="checkbox"/> Anti-diarrheal medication                        |
| <input type="checkbox"/> Gauze/sterile dressings                      | <input type="checkbox"/> Antifungal and antibacterial ointments or creams |
| <input type="checkbox"/> Insect repellent                             | <input type="checkbox"/> Anti-motion sickness medication                  |
| <input type="checkbox"/> Packet of oral rehydration salts             | <input type="checkbox"/> Cold and flu medications                         |
| <input type="checkbox"/> Safety pins and scissors                     | <input type="checkbox"/> Pain and fever medication                        |
| <input type="checkbox"/> Tensor bandages for sprains                  | <input type="checkbox"/> Stomach and intestinal medication                |
| <input type="checkbox"/> Thermometer                                  | <input type="checkbox"/> Sunscreen and aloe gel                           |
| <input type="checkbox"/> Tweezers for removing ticks, splinters, etc. | <input type="checkbox"/> Condoms  |

**Talk to your doctor about where you're traveling, and make sure to get any destination-specific vaccines or health tips to protect yourself while you're away.**

**Don't take a vacation from hand-washing! Wash your hands often with soap or hand sanitizer, and remember to regularly clean and disinfect surfaces.**