

Travel Health Checklist

If you're traveling for work or pleasure, 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?
 - 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)?

A FEW TRAVEL TIPS:

Travelling to new countries may bring new risks. There may be travel advisories or local viruses that you may not be aware of. It's important to be prepared to make sure you get the most out of your trip!



PRE-TRAVEL CLINIC

- Visit a healthcare professional or travel medicine clinic 6-8 weeks before your trip



FEELING SICK (fever, flu-like symptoms, etc.)

- Make sure you feel well enough to travel
- Check the cancellation/refund policies for your flight, accommodation, etc.
- Have up-to-date medical insurance



FLIGHT

- Check for travel advisories on your destination at travel.gc.ca/travelling/advisories
- Ask your airline company for in-flight rules and last-minute updates



PASSPORT

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



SOS

- In case of emergency abroad, contact 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.

Knowledge is your best defense against travel-related diseases, including mosquito-borne diseases. For more information on mosquito-borne diseases and countries where they are present, visit 110trillionreasons.ca



Travel Health Checklist

Nothing brings greater peace of mind than a well-packed suitcase. Use the list below to validate you have everything you may need before your trip.

BASIC FIRST-AID KIT

- Adhesive tape and bandages
- Antiseptic wound cleanser
- Sanitizing wipes
- Gauze/Sterile dressings
- Safety pins and scissors
- Tweezers
- Tensor bandages for sprains
- Thermometer
- Blister latex or vinyl gloves
- Face masks
- Hand sanitizer
(with at least 60% alcohol)

MEDICATIONS

Prescription medications:

- Adequate supply for the duration of the trip
- Copies of prescriptions

Over-the-counter medications:

- Pain and fever medication
- Allergy medication
- Anti-diarrheal medication
- Motion sickness medication
- Stomach and intestinal medication
- Cold and flu medications
- Packet of oral rehydration salts
- Antifungal and antibacterial ointments or creams
- 1% hydrocortisone cream

SUN PROTECTION

- Sunscreen (SPF 30 or higher) and aloe vera gel
- Lip balm with UV protection
- Sunglasses
- Wide-brimmed hat

INSECT PROTECTION

- Insect repellent
- Mosquito net (if camping or staying in areas with high mosquito activity)

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