

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)?

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
- 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 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 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.



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