

Pre-Departure Checklist

Travel

- Obtain or renew your passport (if applicable) and ensure it is valid for at least six months after your return
- Obtain the appropriate visa, if required
- Book your flight well in advance
- Check your airline for any baggage restrictions
- Contact your bank and credit card companies and alert them that you will be travelling
- Check your host country's customs regulations. Some items that are acceptable in your home country may be prohibited in your host country
- Make copies of important documents (passport/visa, flight itinerary, insurance policy, and prescriptions). Keep one with you and leave a copy with family or friends at home

Health

- Consult your family physician or book an appointment with a travel clinic at least six weeks prior to your departure date for immunization and health recommendations
- Ensure you have sufficient out-of-country travel medical insurance
- Take the sufficient quantity of prescription medication for the duration of your time abroad. Remember to research the laws of your host country on your prescription drugs as some may be considered illegal
- Keep all medication in their original container in your carry-on luggage

Risk Management

- Complete online pre-departure training in OWL
- Review [Western's Safety Abroad Policy](#)
- Register with the [Registration of Canadians Abroad \(ROCA\)](#) service (Canadian citizen's only)
- Review the [Government of Canada travel advisories](#) for your host country
- Register your trip in [Western's International Travel Registry](#)
- Download the [International SOS Assistance App](#) on your smartphone
- Visit Western's [International SOS Portal](#) for travel advisories and precautionary measures and to print your member ID card

Cultural

- Research the customs, beliefs, values, and gender norms of your host country
- Understand inappropriate behaviours and clothing in the cultural context you are visiting and ensure you are packing appropriately
- Learn some words and phrases in the language(s) of your host country and perhaps purchase a phrasebook/dictionary