

## **International Traveler's Checklist**

### **1. PASSPORT**

You will need a valid passport. Some countries require that your passport be valid for six months beyond your date of entry. If your passport is due to expire within six months of your departure from Canada, check the Entry/Exit Requirements under the Country Travel Reports for your destination to establish whether the six-month rule applies:

- Provide next of kin information on the last page of your passport application.
- Be sure that you have put the requested information on the inside cover of your passport.
- Carry a photocopy of the identification page of your passport and keep it separate from your passport; also leave a copy of it at home. Carry two extra passport pictures.

### **2. VISA**

Verify whether your destination country or countries require a visa for entry. Make sure you have any visas you need. If a visa is required, obtain it before you leave Canada. To find out whether you will need a visa, check with the nearest consulate or embassy of the country you plan to visit. For a list of consulates, high commissions, and embassies in Canada consult <http://travel.gc.ca/travelling/documents/visas>

- Find out whether you or any members of your family are considered nationals of the country you plan to visit.

### **3. TRAVEL, HEALTH, AND SUPPLEMENTAL MEDICAL INSURANCE**

Arrange supplementary health insurance and travel insurance. Buy the largest amount of medical and travel insurance that you can afford. Ask your travel agent, your financial institution, or your physician for options. DO NOT leave Canada without supplementary medical insurance. For more details, consult:

<http://travel.gc.ca/travelling/documents/travel-insurance>  
<http://www.health.gov.on.ca/en/public/publications/ohip/docs/travel.pdf>

- Carry proof of insurance coverage and give a copy to someone at home.
- Check with your physician or with Public Health Ontario to obtain current information on any required or recommended vaccinations.
- Carry the proof of such vaccinations with you when you travel.

For more information on required vaccine for travel, consult: <http://www.phac-aspc.gc.ca/tmp-pmv/countries-pays/index-eng.php#m>

Information about the local travel vaccination clinic can be found at: <https://www.healthunit.com/travel>

#### **4. CANADIAN GOVERNMENT OFFICES ABROAD**

Take with you the address of the nearest Canadian government office(s) in your destination country or countries.

When travelling to a “high risk” destination, make sure you register with the Canadian embassy or consulate in that country before you leave Canada. You may also register by mail or in person (see site for details: <http://travel.gc.ca/travelling/registration> OR [http://www.international.gc.ca/cip-pic/mission\\_info-info\\_mission.aspx?lang=eng](http://www.international.gc.ca/cip-pic/mission_info-info_mission.aspx?lang=eng)).

Before departure, always consult the Travel Advisories from the Department of Foreign Affairs and International Trade (<http://travel.gc.ca/travelling/advisories>).

#### **5. ITINERARY**

- Provide a relative, friend, or employer with a detailed copy of your itinerary and with any e-mail address or cellular phone number that you will be using internationally.
- If there are changes to your itinerary while you are abroad, make sure that your contacts at home are informed of the changes.

#### **6. MONEY ISSUES**

- Before you leave Canada, make arrangements for obtaining additional funds if needed. Foreign travel is often more expensive than people plan for.
- Keep the original receipts for any purchases you make, as well as your hotel bill, rental car agreement, and any medical bills.
- Make sure that your credit cards are valid or effective in the destination(s) you are visiting. Phone your credit card company and bank to advise them of your travel dates and locations.
- Use only authorized financial institutions for exchanging money.

## **7. YOUR DESTINATION**

Do your research. Before you leave, get some basic information about your destination(s). Consult the Country Travel Report site.

<http://travel.gc.ca/travelling/advisories>

## **8. PRE-DEPARTURE TRAINING**

For students participating in global health initiatives abroad, the Office of Global Health at Western's Schulich School of Medicine & Dentistry also offers a number of specific resources and pre-departure training sessions.

[http://www.schulich.uwo.ca/globalhealth/electives/international/predeparture\\_resources.html](http://www.schulich.uwo.ca/globalhealth/electives/international/predeparture_resources.html)

## **9. ADDITIONAL RESOURCES**

Foreign Affairs, Trade and Development Canada -

<http://www.international.gc.ca/international/index.aspx?lang=eng>

Western International - <http://international.uwo.ca/>

Government of Canada, Travel and Tourism - <http://travel.gc.ca/>

Western's Safety Abroad Policy -

[http://www.uwo.ca/univsec/pdf/policies\\_procedures/section1/mapp153.pdf](http://www.uwo.ca/univsec/pdf/policies_procedures/section1/mapp153.pdf)

Travel Insurance - <http://travel.gc.ca/travelling/publications/insurance-factsheet>