

# Travel Health Checklist

## Preparing to travel outside Canada

### Research Your Destination

- Check the health, safety and security risks for your destination(s) on [travel.gc.ca/advice](https://travel.gc.ca/advice)
- Make a list of healthcare facilities or providers at your destination(s), in case you need their services while you're there

### Health Care

- Visit a health care provider or travel health clinic preferably 6 weeks before travel
  - Make sure your routine vaccinations are up to date
  - Ask about recommended travel vaccinations or medications specific to your destination(s)
- Check that any medication you take with you is legal in your destination(s) and that you have enough to last beyond your intended stay, in case of delays. Keep all medications in their original, labelled containers.
- Purchase travel health insurance, if you don't already have it. Make sure you choose insurance that covers your needs and read the fine print: [travel.gc.ca/insurance](https://travel.gc.ca/insurance)

### Items to Pack

- Light-coloured, loose clothes made of tightly woven materials such as nylon or polyester for protection from insects and the sun, if required
- Approved insect repellent
- Sunscreen to protect against UV rays
- A travel health kit with basic first aid supplies, medications and an emergency contact card

### Emergency Contacts

- Carry the contact information for the nearest Canadian embassy or consulate in your destination country and for the Global Affairs Canada 24/7 Emergency Watch and Response Centre: [travel.gc.ca/assistance](https://travel.gc.ca/assistance)
- Sign up for the Government of Canada's free Registration of Canadians Abroad service here: [travel.gc.ca/registration](https://travel.gc.ca/registration). This allows the Government of Canada to notify you in case of an emergency abroad or a personal emergency at home.

### Planning Your Travel Abroad



Visit  
[Travel.gc.ca](https://Travel.gc.ca)



Visit a health  
care provider



Purchase travel  
health insurance



Pack a travel  
health kit



[canada.ca/travel-health-tips](https://canada.ca/travel-health-tips)



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