

Being prepared can make the difference between a great trip and a tiring trip! Are you ready? Use our checklist to help.

BEFORE YOU GO

- CHECKED FOR TRAVEL ADVISORIES?**
Get important notices at www.phac-aspc.gc.ca/tmp-pmv/index-eng.php
- ALL APPROPRIATE VACCINATIONS?**
It never hurts to be ready. www.phac-aspc.gc.ca/tmp-pmv/reason_raison4-eng.php
- TRAVEL AND HEALTH INSURANCE?**
Remember that your provincial or territorial insurance plan may not cover medical costs outside your home province.
- PASSPORTS UP-TO-DATE?**
To travel outside of Canada, even to the United States, all children (and adults) need a passport. Learn more at www.passportcanada.gc.ca
- DOCUMENTATION FOR CHILDREN (IF REQUIRED)**
If you are crossing any borders without both parents of any travelling kids, you may need written consent to bring children with you.
Learn more at www.voyage.ca/prepartion_information_checklist_sommaire-eng.asc
- LEAVE COPIES OF YOUR PASSPORT ID PAGES, ITINERARY AND INSURANCE POLICY NUMBERS WITH A FRIEND OR FAMILY MEMBER**
If you lose any of these, you'll have a resource to help you re-obtain them.
- PUT ALL IMPORTANT PHONE NUMBERS IN YOUR CELL PHONE**
Including:
 - Airline's customer service numbers
 - Any pre-arranged transportation
 - Hotels or your host
 - Travel insurance provider's emergency number

DOCUMENTATION AND OTHER ESSENTIALS

- PASSPORTS**
- IDENTIFICATION CARDS**
- TICKETS**
- ITINERARY**
Include hotel and rental car confirmations
- CASH & CREDIT CARDS**
A small amount of cash is a good idea in case credit or debit cards are not accepted.
- VACCINATION CERTIFICATES (IF REQUIRED)**
http://www.phac-aspc.gc.ca/tmp-pmv/reason_raison4-eng.php

IN YOUR CARRY-ON

- FIRST, THE CARRY-ON RULES**
For quick security checks, follow the carry-on rules for Canada outlined at: www.catsa.gc.ca/packsmart
- ACTIVITIES (COLOURING BOOKS, GAMES, ETC...) FOR KIDS?**
- PACK ALL ELECTRONICS TOGETHER**
...for quick security checks.
- CAMERA OR VIDEO CAMERA**
- CHARGER OR SPARE BATTERIES FOR YOUR CAMERA AND OTHER ELECTRONICS**
- PEN AND PAPER**
- CHANGE OF CLOTHES FOR YOUNGER FAMILY MEMBERS**
1 set of essentials for everybody in their carry-ons
Including 1 pair of underwear, socks, toothbrush, etc., in case your luggage doesn't make it.
- A WRAP THAT COULD DOUBLE AS A BLANKET**
- PUT MEDICATIONS IN YOUR CARRY-ON**
Don't pack medications in your luggage in case it's separated from you.
- A SMALL SUPPLY OF YOUR KIDS' FAVOURITE SNACKS**
Familiar food is comforting
- GRAVOL® QUICK DISSOLVE TABLETS (ADULTS AND CHILDREN)**
Gravol® offers a quick-dissolve, chewable tablet as a convenient and portable dosage. Make sure you have an adequate supply, for travel time and in case of stomach upset at your destination.

PACKING LIST

Use the lines below to list what you need for each family member.
You can print multiple copies of this page, one for each family member.

TOILETRIES

- Toothbrush
- Toothpaste
- Deodorant
- Sunscreen
- _____
- _____
- _____
- _____

WEATHER GEAR

- Hats
- Sunglasses
- Umbrella
- Rain poncho or jackets
- _____
- _____
- _____
- _____

CLOTHING

- ___ pairs underwear
- ___ pairs socks
- _____
- _____
- _____

OTHER

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____