Guidelines for International Travellers

1. **Before you travel**
   a. Go to Travel.gc.ca/destinations to find your destination's risk level and information on: safety and security; entry and exit requirements; health, including vaccinations; laws and culture; natural disasters and climate
   b. Travel documents
      i. Check your passport's validity for your destination.
      ii. Check if a visa or electronic travel authorization (eTA) is required and, if so, apply well in advance of your departure date.
      iii. If dual citizen, check regulations regarding travel to your destination, and return to Canada.
      iv. Proof of vaccination.
      v. Consent letter for children who are travelling with only one parent.
   c. Financial considerations
      i. Inform your bank and credit card companies of your travel plans.
      ii. Is your destination heavily cash-based or widely credit card friendly? Be prepared for both.
   d. Digital security
      i. Store, in any digital devices, only that which you are prepared to show to authorities or lose.
      ii. Update antivirus software.
      iii. Lock devices - password, fingerprint, etc.
      iv. Backup important data to cloud.
      v. Use discretion if posting on social media (may reveal your location to those with malicious intent).
      vi. Use public Wi-Fi networks with caution.
      vii. Use QR codes with caution (falsified ones may redirect you to fraudulent websites).
   e. Health and safety
      i. Visit a travel health clinic or health care provider at least 6 weeks before your departure.
      ii. Receive vaccinations and medications (ex. malaria prevention) as desired/recommended/required.
      iii. Ensure you have adequate travel insurance.
      iv. Carry or have access to extra emergency funds.
      v. Leave a copy of your itinerary with friends or family, along with copies of your passport ID page, and insurance policy.
      vi. Make physical copies of your passport, itinerary, and insurance policy to take with you. Store in a separate location from the originals, and keep digital copies stored in your email or cloud storage.
   f. Staying connected
      i. SIM card - Check international roaming plans with your current provider or research purchasing a travel eSIM or local SIM card upon arrival.
      ii. Buy local SIM cards only from authorized sellers.
      iii. Register your trip to receive important information and advice in case of an emergency involving your destination at Travel.gc.ca/register.
   g. Become informed
      i. Learn what you can about your host country - history, geography, people, language.
      ii. Understand religious and cultural norms and practices.
      iii. Learn and use a few words or phrases of the host country.
      iv. Review local laws that may differ from Canada.
      v. Review tipping etiquette.
   h. Packing for the trip
      i. Electrical adapter and voltage converter.
      ii. Modest, conservative clothing with layers (check forecast for your destination).
      iii. Comfortable walking shoes.
      iv. Personal hygiene items, including insect repellent and sunblock or sunscreen.
      v. A secure means of carrying your documents and money (moneybelt, neck wallet, crossbody bag).

2. While travelling to your destination

a. Wear comfortable, loose fitting clothing worn in layers.
b. Bring a travel friendly pillow.
c. Consider bringing a blackout eye mask, earplugs, and Bluetooth adapter for inflight entertainment.
d. Drink plenty of water. Stretch and walk the aisles regularly.

3. While at your destination

a. General considerations
   i. Remember you are a guest in their country and an ambassador of your country.
   ii. Don't criticize the country, its customs, or its government.
   iii. Learn appropriate ways of greeting people of different genders and ages.
   iv. Become aware of and respect local traditions and cultural practices.
   v. Exchange currency only at authorized foreign exchange desks.
   vi. Carry small denominations for tips and small purchases.
b. Personal safety
   i. Keep your money, documents, and personal belongings stored as discreetly and securely as possible on your person.
   ii. Avoid walking alone, at night, or in isolated places.
   iii. In many locations, a man should accompany women in public.
   iv. Always be alert to the possibility of personal items being stolen, even in reputable venues.
   v. Store valuables in hotel safes if available.
   vi. Be mindful of the cleanliness of what you eat or drink.
c. Photography
   i. Preserve the dignity of the subjects and show respect for cultural or religious norms.
   ii. Ask permission whenever appropriate to do so.
   iii. Be aware of possible restrictions (ex. government buildings, military installations, etc).
   iv. Expect to pay a small fee at times.
d. Religious and cultural sensitivity
   i. Additional modesty in dress and behaviour may be necessary, especially in certain areas.
   ii. Understand expectations when visiting religious or cultural venues (ex. removal of shoes, covering of head, providing a small donation, etc).
   iii. Treat all religious and cultural objects and artifacts with respect.
   iv. Seek permission for photographs and ensure that all photographs are respectfully taken (ex. no climbing on, or even touching objects to obtain a personal photograph).
e. Purchasing souvenirs
   i. Find out ahead of time if bargaining is acceptable. If so, be respectful. When you see something you like, ask yourself what it would cost you in Canada, and then make a reasonable offer. Remember the few pennies or dollars you may be haggling over is the other person's livelihood.
   ii. Be aware that there may be items that local vendors are legally allowed to sell, but Canadian law prohibits their import.

4. When you return to Canada from your trip

a. Watch for signs of illness that you may have caught while travelling.
b. If you were sick while travelling or feel sick upon your return see a health care provider and inform them of your recent travel history.
c. Check your bank and credit card accounts for a period of time for any discrepancies.
d. In your public interactions, respectfully and honestly represent your experiences in the country and with the people you've recently visited.