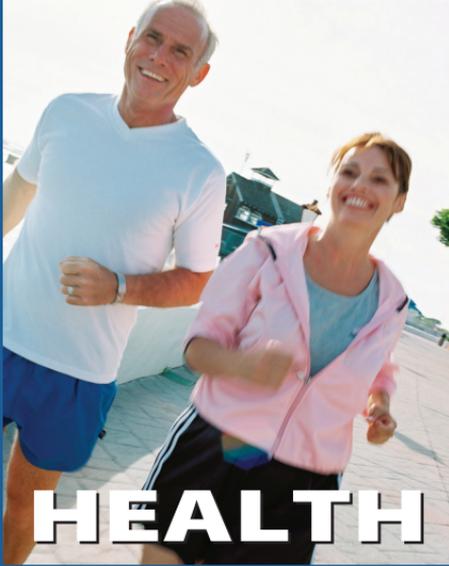


Fifth Edition

THE CSA TRAVELLERS' CHECKLIST

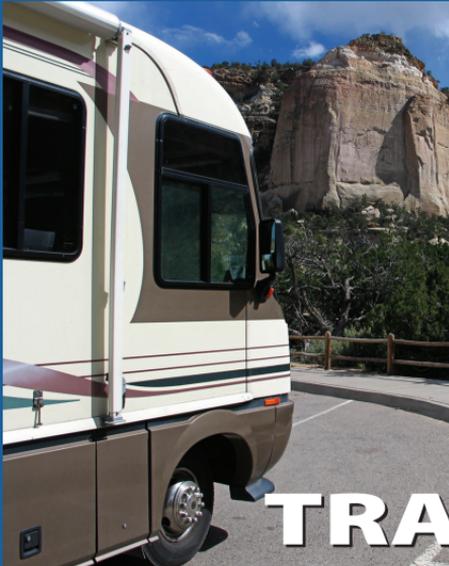
Travel Tips for Canadians



HEALTH



HOME



TRAVEL



Canadian Snowbird Association
Commitment, Service and Advocacy for Travellers

The Canadian Snowbird Association (CSA) is pleased to provide this travellers' checklist filled with handy tips on health, home and travel.

The CSA welcomes all comments regarding the *CSA Travellers' Checklist*. We invite members to contribute their own travel tips for inclusion in future reprints.

CANADIAN SNOWBIRD ASSOCIATION

180 Lesmill Road
Toronto, Ontario
M3B 2T5 Canada

(416) 391-9000 English Call Centre
(800) 265-3200 Toll-free English

(416) 391-9090 French Call Centre
(800) 265-5132 Toll-free French

Fax: (416) 441-7007
E-mail: csastaff@snowbirds.org

© Canadian Snowbird Association, 2019

The Canadian Snowbird Association (CSA) assumes no responsibility for the advice and information presented. Travel preparations are the sole responsibility of our members.



CONTENTS

HEALTH

HEALTH CARE PREPARATION

Medical Checkups	4
Medical Precautions	4
Medication & Prescriptions.....	4

TRAVEL MEDICAL INSURANCE

Travel Medical Insurance	5
Travel Medical Insurance Tips.....	5

HEALTH CARE AND YOUR PET

Immunization & Checkups.....	6
Travel & Pets including Service Animals.....	6

HOME

INTERIOR HOME SECURITY

Telephones & Voicemail	6
Contacts & Regular Visits.....	7
Lighting & Sound.....	7
Personal Belongings.....	7
Security & Alarm Systems.....	8

EXTERIOR HOME SECURITY

Doors, Windows & Entry Points.....	8
Mail Re-routing	8
Perimeter Security	8
Automotive Security.....	9

INTERIOR HOME MAINTENANCE

Heating & Plumbing.....	9
Electrical	10
Kitchen Goods & Appliances.....	10

EXTERIOR HOME MAINTENANCE

Heating, Plumbing & Electrical.....	10
Snow Removal.....	10

HOME FINANCES

Assets.....	10
Liabilities	11

TRAVEL

TRAVEL DOCUMENTS

General Information	11
General Documents	12
Residency Documents.....	12
Long-Term Travel Documents.....	13
Customs Preparation	13

TRAVEL FINANCES

Cash	14
Credit Cards and Debit Cards.....	14
Valuables.....	15

TRAVEL PREPARATIONS

Destination Preparations.....	15
Electronic Devices	16

TRAVEL BY SURFACE

Itinerary Preparations.....	16
Safety & Security Preparations	16
Packing Your Vehicle	16
Preparing Your Vehicle	16
Vehicle Insurance Preparations	17

TRAVEL BY AIR

Booking Your Trip	17
Prior to Boarding	18
Upon Boarding	18

TRAVEL BY SEA

Booking Your Trip	19
Prior to Boarding	19
Upon Boarding	20

APPENDIX

General Embassy and Consulate Information...	21
United States Embassy and Consulates in Canada.....	23
Canadian Embassy and Consulates in the United States	24
Canadian Embassy and Consulates in Mexico	25



HEALTH

HEALTH CARE PREPARATION

Medical Checkups

- The CSA recommends that members get an annual flu shot whether they travel or not.
- Speak with your doctor about any other vaccinations you may require including tetanus, hepatitis A-B, shingles or even a pneumonia shot.
- Visit your dentist for your routine checkup at least 90 days prior to travelling.
- Visit your doctor for a routine follow-up checkup when you return to Canada in the spring. If there is a change in your medication, this will allow time to be "stable" on your new medication or revised dosage before you apply for travel insurance for the next season.
- Visit your doctor for your routine checkup at least 90 days prior to travelling.
 - Speak to your doctor about wearing support stockings to help circulation and prevent blood clots if driving for extended periods or flying.
- Visit your optometrist and, if you wear eyewear, ensure your prescription is current.

Medical Precautions

- Obtain a MedicAlert™ bracelet if you have allergies or other medical conditions. The MedicAlert™ bracelet is recognized worldwide by medical practitioners as a reliable source that indicates pre-existing medical conditions.
- Renew your provincial or territorial health card if it is due to expire while you are away.

Medication & Prescriptions

- Carry a copy of your eyewear prescription (if applicable) in the event your eyewear is lost or damaged and you need to purchase a replacement while away.
- Carry a doctor's note outlining your daily prescription and over-the-counter medication to provide to border officials, if requested.
- Never consolidate multiple bottles of prescription medication into one large container to save space. It is important that proper pharmacy labels are affixed to all prescription medication containers.



- Travel with sufficient quantities of your usual medication and prescriptions – they may not be readily available at your destination.
- Write a list of your medications, their amount, and their schedule to carry with you in case of emergency.
- Write a list of your significant medical conditions and/or allergies to carry with you in case of emergency.

TRAVEL MEDICAL INSURANCE

Travel Medical Insurance

- Notify your insurance company if your health, medication, or dosage changes – you **MUST** notify your insurance company prior to travelling to ensure your coverage is still valid.
- Notify your travel insurance provider of your travel dates when your plans are finalized, and ensure your policy is paid in full before you leave.
- Purchase travel medical insurance before you leave your home province or territory – provincial government health plans provide minimal coverage when travelling outside Canada and there are several benefit restrictions, even when travelling within Canada.
- Read your entire insurance policy and pay special attention to any limitations of coverage or exclusions for pre-existing medical conditions – if you do not understand something, ask!

Travel Medical Insurance Tips

- Departing prior to your birthday can result in savings – you may be placed in a lower price category, because travel insurance rates are based on your age at departure.
- Purchasing your insurance from insurance companies that have early bird offers – usually during the months of July and early August – can result in substantial savings.

➤ The CSA endorses the travel medical insurance products provided by Medipac International. Further information can be obtained by calling **1-888-MEDIPAC (1-888-633-4722)**.



HEALTH CARE AND YOUR PET

Immunization & Checkups

- Carry proof of immunization if travelling with your pet.
- Discuss microchip identification of your pet with your veterinarian prior to leaving.
- Immunize your pet for the duration of your vacation.
- Visit your veterinarian for a checkup of your pet.

Travel & Pets including Service Animals

- Carry proof of licensing (if applicable) and immunization.
- Check the entry regulations of all countries you intend to visit and ensure that your pet (or service animal) will meet these regulations. Many countries, especially outside North America, have onerous restrictions on admitting pets and some will quarantine your pet for extended periods of time.
- Never leave your pet in a closed vehicle.
- Take sufficient food, water and any medication required for your pet, but be aware of any restrictions when crossing borders. In 2004, a general ban existed on Canadian beef products, which included Canadian manufactured pet food that contained beef or beef by-products.

HOME

INTERIOR HOME SECURITY

Telephones & Voicemail

- Check with your service provider about putting your home telephone and mobile phone on "vacation service." If vacation service is not available in your area or you choose not to do so, leave a voicemail message that says you are unable to come to the telephone, not that you are away.
 - Check your voicemail messages while away and return important messages to reinforce the idea that your home is not vacant.
 - Erase unimportant messages while away to disable automatic telling of callers that the message feature is "full."



- If you subscribe to a home security monitoring service, ensure placing your telephone on “vacation service” will not interrupt the monitoring of your home while you are away.

Contacts & Regular Visits

- Advise a neighbour that a reliable person will be checking your home, and provide your neighbour with the telephone number of that person.
- Advise a reliable person of your departure and return dates.
- Ask a trustworthy person to inspect the interior of your home. During “normal home heating months” many insurance companies require that you have someone check your home at least once a week (if not more often) to mainly ensure pipes have not frozen or ruptured, etc.
- Check with your home/apartment insurance broker for any specific “away” requirements.** Many insurance policies have clauses that will void coverage if your property is left unoccupied and unattended for extended periods of time. Not all insurance policies or insurance companies have the same rules.
- Consider contacting your local police (contact information can be found online or in your local telephone directory) to let them know your home will be unoccupied and who will have a key to the premises.
- Consider contracting a house-sitting service if a trustworthy person cannot make regular visits to your home during your absence.

Lighting & Sound

- Change the light bulbs on all interior lighting in consideration of house sitters and/or automatic timing devices.
- Install multiple automatic timers to give the impression of residents moving through the home.
- Stagger your lights and radios by setting the timers in different rooms to go on and off at different times – this gives the impression of residents moving through the rooms.

Personal Belongings

- Ask a reliable person to inspect the interior of your property whenever possible.
- Identify your belongings by engraving or indelible marking.
- Photograph or videotape each room of your home and the contents of drawers and closets.
- Store valuables such as jewellery, documents and heirlooms in a safety deposit box.



Security & Alarm Systems

- Ask a reliable person to act as an additional contact with your security company and notify the security company of this addition.

EXTERIOR HOME SECURITY

Doors, Windows & Entry Points

- Close chimney flues, as they can be used as a point of entry by small animals and birds.
- Install a locking pin in windows and sliding doors.
- Install deadbolt locks on all perimeter doors.
- Lock the garage door manually for additional security if you have an electronic garage door opener.
- Place a piece of wood or similar solid object in the tracks of your sliding doors.
- Secure all pet doors. They are a favourite point of entry for burglars and can be used by small animals and birds.

Mail Re-routing

- Arrange mail forwarding with your local post office.
- Arrange to have a neighbour or reliable person check for and remove any junk mail or flyers from your mail box or porch that may have been delivered door-to-door and not via the post office.
- Arrange to have your mail collected by a reliable person.
- Contact the CSA (before you leave) with your foreign mailing address to ensure your CSA News magazine and event invitations will be sent to your seasonal home.
- If you live in a rural mail delivery area, consider removing your mail box to avoid junk mail as well as possible snow plow damage.
- Suspend or cancel newspaper and magazine subscriptions. If you live in a rural area remove the newspaper drop box for the time you are away.

Perimeter Security

- Arrange snow shovelling (or lawn maintenance) and sidewalk/driveway clearing of your home with a reputable company, relative or reliable person.
- Ask a reliable person to inspect the perimeter of the property whenever possible.



- Change the light bulbs on all exterior lighting to ensure longer life and consider using timers.
- Consider asking someone to occasionally place one of their bags of weekly garbage and recycling container on the curb in front of your house to give the added appearance of ongoing occupancy.
- Install deadbolt locks on all exterior doors.
- Install motion-sensitive exterior lighting.

Automotive Security

- Arrange to have any spare vehicle brushed of snow to give the impression of regular use.
- Consider asking someone to routinely move your car, or even leave their car(s) in your driveway to match the lived-in look of your home.
- Consider purchasing quick disconnect battery cable ends that are available at most automotive stores.
- If your vehicle remains immobile for an extended period, disconnect the battery cables to extend battery life and to prevent auto theft.

INTERIOR HOME MAINTENANCE

Heating & Plumbing

- Arrange heating and plumbing inspection in accordance with the "away" provisions of your home insurance policy.
- Consider installing a 24-hour centrally monitored heating alarm system.
- Consider shutting off the water supply, draining the plumbing system and all domestic water containers and winterizing the system if it is warranted by your type of home.
- Install a programmable thermostat to reduce the heating costs of an empty home. Turn your temperature down to 10° - 12°C (50° - 54° F). Check with your home insurance broker that this temperature level is acceptable.
- Turn off your water, then open all taps to release any water still in the pipes and leave taps open. Do not forget to turn off all outside taps at the shut-off valve inside the house and drain the line at the tap.
- Turn off water to the washing machine and leave the lid open to prevent mould and mildew.



Electrical

- Arrange electrical inspection in accordance with the “away” provisions of your home insurance policy.
- Remove batteries from remote controls and clocks.
- Turn off all electrical circuits and items such as non-programmable lights and cooking elements.
- Unplug televisions, radios, clocks, etc.

Kitchen Goods & Appliances

- Dispose of perishable foods or donate them to friends, neighbours or a local food bank.
- Place a fresh box of baking soda inside your refrigerator, freezer, and microwave.
- Place dry goods in plastic containers.
- Unplug your refrigerator, freezer and microwave. Drape a cloth or towel over the door to prevent it from closing, thereby preventing mould and mildew.

EXTERIOR HOME MAINTENANCE

Heating, Plumbing & Electrical

- Drain all hoses and turn off all pipes that provide water to the exterior of your home (e.g. garden taps) to prevent burst pipes.
- If you have an irrigation system, ensure that your system is properly blown-out in the fall before your departure

Snow Removal

- Arrange snow removal from the perimeter of your property, including driveway, paths, and sidewalk.
- Arrange snow removal from your roof.
 - Read your home insurance policy carefully. Some policies do not insure roof collapse due to excess snow-load, especially if you live in an area of high snowfall or a “snow belt.”

HOME FINANCES

Assets

- Check the expiration dates on your insurance policies and financial securities such as options and maturing GIC's; it may be illegal for some provincially or federally



(Canada) licensed representatives to conduct transactions on your behalf if you are outside your home province or territory.

- Check with your financial institution about putting your accounts on “vacation service” – thereby suspending monthly user fees.
- Check your investment portfolio to ensure investments can be left safely during your travels.
- Move valuables such as jewellery, documents and heirlooms to a safety deposit box.

Liabilities

- Arrange pre-authorized billing and/or online banking for credit cards, utilities, and telephone at your Canadian residence.
- Arrange to pay your taxes if they fall due during your travels.
- Check the expiration dates on your credit cards and renew them early if necessary.
- Suspend cable/satellite service for the period you are away. Many providers will allow you to place your account “on vacation” for a fixed flat rate maintenance amount.
- Suspend telephone service for the period you are away. Many providers will allow you to place your account “on vacation,” thereby avoiding monthly service charges and long distance savings plan expenses.
- If you subscribe to a home security monitoring service, ensure placing your telephone on “vacation service” will not interrupt the monitoring of your home while you are away.

TRAVEL

TRAVEL DOCUMENTS

General Information

- Assist border and security officials by providing current and complete documentation.



- Consider carrying your passport, identification, credit cards, medical history record and travel insurance card in a travel wallet that you wear around your neck or waist. In the event of a collision or evacuation you may be separated from your wallet or purse containing that vital information.
- If you regularly travel to the United States, consider enrolling in the trusted traveller program – NEXUS – which is operated jointly by the Canada Border Services Agency (CBSA) and U.S. Customs and Border Protection (CBP).

General Documents

- Carry a copy of the current *CSA Travel Information Guide* (provided free with your CSA membership) for easy reference to travel-related information while you are away.
- Carry a copy of your power of attorney (financial as well as medical care) and validate it (if it has not been validated recently) with an attorney in your destination state. Please note that a Canadian power of attorney may not be valid in the country where you spend your winter months.
- Carry proof of any immunization forms for you and your pet.
- If travelling to the United States, carry a photocopy of the IRS Form 8840 *Closer Connection Exception Statement for Aliens* that you filed last year.
- If you are travelling outside North America for an extended period, take a spare set of passport photographs should your passport be lost or stolen and you will need to apply for an emergency replacement passport at the Canadian embassy or consulate in the country where you are visiting.
- Scan or make two photocopy sets of all your documents, including the complete contents of your wallet or purse (front and back). Don't forget the information page from your passport as well.
 - Leave one set of photocopies in your Canadian home with a friend or relative.
 - Pack the other set in a different place (e.g. luggage) than where you carry the originals.

Residency Documents

- Arrange for a new passport in advance of departing if your passport is due to expire within 6 months of your planned return date.

Carry your . . .

- Canadian passport or Canadian citizenship card if you are a Canadian citizen.



- Canadian Permanent Resident Card (also known as a PR Card or Maple Leaf card) if you are a permanent resident.
- NEXUS card if enrolled in the trusted traveller program.
- Provincial health insurance card.
- Visit travel.gc.ca/travelling/advisories to determine if you require an entry visa or additional documentation for the destination you are travelling to.
- Do not attempt to use only a driver's licence to cross borders; a driver's licence does not prove citizenship.
- Ensure your travel documents are up-to-date for your entire trip.
- Place your documents in order and have them ready before your arrival at the border.

Long-Term Travel Documents

Prove to border officials that you are planning to return to Canada by carrying copies of your:

- Canadian house deed or lease agreement.
- Canadian property tax or rental receipts.
- Closer Connection Exception Statement for Aliens* (IRS Form 8840)
- Pre-booked, return ticket if travelling by air.
- Telephone and other utility bills.
- Travel insurance policy showing a termination date.

Prove to border officials that you have the means to support yourself during your stay by carrying copies of your:

- Canadian credit card statements.
- Canadian tax return assessment notice.
- Recent Canadian bank statement.
- Recent investment account statement.

Customs Preparation

- Carry all receipts for items you purchased in Canada or at duty-free shops while enroute that will be given as gifts at your final destination. Local customs official may wish to verify the value of items you are declaring on your customs form against the actual price paid.



- Check with customs to determine what documentation and/or duty and taxes may be required before deciding to transport large quantities of household items.
- Check with the Canadian/U.S. border service as well as the CSA before planning any bulk purchasing of food items to take south to ensure items will not be confiscated when crossing the border. In 2004, a general ban existed on Canadian beef products, which included Canadian manufactured pet food that contained beef or beef by-products.
- Keep all receipts for items purchased outside Canada if required by Canada Border Service Agency officials to verify what you are claiming on your customs form when you return.
- Examine your vehicle from the perspective of a potential border inspector before your arrival at the border or inspection checkpoint. Out of the ordinary (though innocent) items can promote extra questioning.
- Take off your sunglasses at the border and maintain eye contact with officials – never mirror the attitude of an inspector who is having a bad day.

TRAVEL FINANCES

Cash

- Carry a small amount of local currency to use for incidental expenses such as tipping and taxis.
- Carry a debit card and ensure that it can be used in the country you are travelling to.
- Check what form of currency is generally accepted in the country you are visiting.
- If you are entering or leaving Canada and are carrying \$10,000 or more there are filing requirements, with both CBSA and U.S. CBP, which must be met.

For more information please visit:

Canada Border Services Agency (CBSA) www.cbsa-asfc.gc.ca

U.S. Customs and Border Protection (CBP) www.cbp.gov

Credit and Debit Cards

- Contact your credit card company and your financial institution, if you will be using your debit card abroad, and notify them of your travel period and the countries you will be visiting.
- Check the expiry date of your credit and debit card(s) prior to departing.
- Confirm hotel charges before calling when using a hotel telephone – many hotels have higher telephone charges than cellular phones.



- Confirm that you can pay for accommodations, meals and incidental expenses with your credit cards when making hotel reservations.
- Confirm that your debit card will work in the automatic teller machines (ATMs) and checkout counters of your destination.

Valuables

- Call your insurance company and inquire as to the respective coverage limits of valuables. Some policies contain limitations and restrictions for loss or damage away from your premises.
- Declare the valuables that you carry (e.g. camera, video recorder, etc.) at a Canada Customs office to prove that your items were obtained in Canada. A customs' officer will complete the *Identification of Articles for Temporary Exportation* (small green wallet) card that records a brief description, make, model and serial number of the item.
- In addition to the luggage tag you place on the outside of your suitcase or carry-on bag, place an addition tag inside the lid of your luggage in the event the outside tag is accidentally ripped off. In addition to your home contact details, also include contact details for your final destination.
- Rent a safety deposit box at your destination for valuables that you may carry.

TRAVEL PREPARATIONS

Destination Preparations

- Arrange to hook up your destination home telephone and electricity prior to leaving.
- Check for any Canadian government travel advisories for the countries you are planning to travel to by visiting the Government of Canada website travel.gc.ca.
- Consider registering with the local Canadian embassy or consulate in the country where you are visiting should an emergency – civil or natural disaster – occur and the government is trying to locate and assist Canadians to be evacuated. You may also register online in advance of departing from Canada by visiting the Government of Canada website travel.gc.ca.
- Purchase pre-paid calling cards in case of emergency or inconvenience.



Electronic Devices

- Before crossing the border, delete private material or transfer it to the cloud.
- At the border, put your smartphone on airplane mode.
- Be prepared to turn over your phone or other electronic devices for inspection.
- Check to ensure that your mobile phone will work in your destination country.

TRAVEL BY SURFACE

Itinerary Preparations

- Check in regularly with someone to advise where you are and where you are planning to travel for the next segment of your trip.
- Create a detailed travel itinerary and leave a copy with a friend or relative.
- Plan to stop and stretch periodically in safe areas to re-establish circulation when driving for long periods.

Safety & Security Preparations

- Do not leave valuables or money in a hotel room when you are absent.
- Do not leave valuables or money in your car.
- Do not stop overnight in unguarded rest areas.
- Join a roadside assistance club – such as the CSA Auto Club – to provide assistance in the event of a breakdown or problem while en route.
- Keep your vehicle locked if you break down. Should someone approach your car, lower the window enough to speak, and ask them to call for assistance – but remain in your vehicle.
- Park near hotel doors or under parking lights or lamps.

Packing Your Vehicle

- Pack your vehicle so that packages and containers will not be seen when you park at night – place items in the trunk or cover them with a blanket.
- Pack your vehicle with blankets, warm clothes, and a lightweight shovel if travelling during cold weather.

Preparing Your Vehicle

- Obtain an International Driving Permit if required for the destinations you will be visiting.



- Prepare your vehicle for the road: get a tune-up, change your oil and oil filter, check your fan belts, spark plugs, all fluid levels, tire wear and tire pressure, etc. – do not forget the spare tire!
- Purchase gasoline from reputable major service stations only – every year there are reports of “dirty gasoline” sold from disreputable garages.
- Renew your driver’s licence and licence plate validation sticker if they are likely to expire while you are still away.
- Watch your fuel gauge and keep your tank at least half full while en route to your final destination.

Vehicle Insurance Preparations

- Advise your insurance broker if you are taking your vehicle outside Canada for more than 30 days – this is important in order to maintain coverage under certain policies. Additionally, some insurance providers may not cover you past a 30 or 90 day duration.
- Check with your insurance broker and/or credit card company to determine whether supplementary insurance charges on rental vehicles can be declined.
- Consider increasing your automobile liability limits to \$2,000,000 or more, as claims, especially in the United States, can be very high.
- Purchase special insurance coverage if entering **Mexico** – such insurance is readily available at most border crossing points.

TRAVEL BY AIR

Booking Your Trip

- Check with the airline or your travel agent as to specific rules as well as approved pet carriers/containers if planning to travel with your pet.
- Check with the airline or your travel agent as to when you should be at the airport.
- Confirm in-flight meals (if any) and request special meals if you have dietary concerns. Many airlines now provide only a limited quantity of meals/snacks for sale on board. It may be necessary to purchase your meal and snacks in an airport food court prior to boarding.
- Pre-book specific seats when possible, especially aisle seats or bulkhead seats for maximum legroom – airline personnel and travel agents can advise you as to which seats are the most desirable on your plane.



Prior to Boarding

- Be aware that assistive devices for walking are now taken away by airline staff and stored for the duration of the flight – this procedure includes canes.
- Carry all medication in their original approved containers in your carry-on luggage. Do not place medication in your checked luggage.
- Carry government-issued photo identification with you to the airport, even if travelling within Canada – you will not be allowed to fly without it.
- Check the lists of banned carry-on baggage and/or checked luggage items by logging on to your computer and visiting the following websites:

For travel from/within Canada:

Canadian Air Transport Security Authority (CATSA) www.catsa.gc.ca

For travel from/within the United States:

U.S. Transportation Security Administration (TSA) www.tsa.gov

-  Verify that an item you may be allowed to take on a carrier leaving Canada will not be subsequently confiscated when you board a carrier at a foreign airport to return to Canada.
- Consider purchasing luggage padlocks that are TSA accepted and recognized. These locks can be opened by authorized airport security screening personnel (if they have to check inside your luggage) without damaging your lock or luggage.
- Do not pack in your carry-on baggage or checked luggage improperly labelled bottles such as homemade wine without a label.
- Do not pack items in your carry-on baggage with sharp edges, such as knives, scissors, shears, nail clippers, straight edge or open blade razors, box or paper cutters, ice picks, knitting needles or glass objects.

Upon Boarding

- Carry recreational material such as a deck of playing cards, a book, newspaper or crossword puzzle to ease the monotony of a long trip.
- Carry small snacks, bottled water, and candy or gum – candy or gum may alleviate any symptoms caused by changes in air pressure during take-off and landing.
- Carry your medication and eyewear in your carry-on baggage to avoid loss or delay, and consider carrying a toothbrush and a change of socks and underwear.
- Carry your own set of headphones to avoid routine charges in watching movies, and ensure that your headphones have an adapter to make the proper connection to fit the armrest.



- Open air vents above and/or beside your seats upon boarding to circulate air.
- Request two pillows or take them from the overhead racks before sitting, and place them on the armrests of your seat to ease the pressure on your hands and arms.
- Stretch periodically to re-establish circulation when flying for long periods, and rotate and stretch your ankles while you are seated.

TRAVEL BY SEA

Booking Your Trip

- Ask your travel provider about the rating of your ship, the size of the cabin, and comparisons to other ships – many people are unaware that cruise ships are rated for their amenities and comfort in the same manner as hotels.
- Book your cabin in advance if permitted by the cruise line – avoid cabins next to elevators, entertainment lounges, and outside decks, as all can be noisy areas at night. Cabins on the lower decks at mid-ship are best for minimizing any rocking motion of the ship in rough seas.
- Book your meal times and shore excursions in advance if permitted by the cruise line – this may save you time and inconvenience while on board.
- Discuss any disability needs with your travel agent prior to booking, including the use of a service animal, scooter, wheelchair or other walking aid. The layout of a standard cabin, including the width of the doors, may not be suitable for you.
- Request a free cabin upgrade – you will be given priority over those who did not make the request.
- Request that your cruise line plan your air travel arrangements to your point of departure – ensuring travel continuity and easing luggage transfers between airports and docks.

Prior to Boarding

- Carry a passport – international ports of call require documentation.
- Carry all medication in their original approved containers in your carry-on luggage. Your checked luggage may not be delivered to your cabin for several hours after the ship has sailed.



- Check the lists of banned carry-on baggage and/or checked luggage items by visiting the official website for the cruise line with which you are sailing. If you must fly from your home to the city from which the ship is sailing, also check the applicable list of banned items for air travel at the following websites:

For air travel from/within Canada:

Canadian Air Transport Security Authority (CATSA)

www.catsa-acsta.gc.ca

For air travel from/within the United States:

U.S. Transportation Security Administration (TSA) www.tsa.gov

- Verify that an item you may be allowed to take on a carrier leaving Canada will not be subsequently confiscated when you board a carrier at a foreign airport to return to Canada.

- Consider purchasing luggage padlocks that are TSA accepted and recognized. These locks can be opened by authorized security screening personal (if they have to check inside your luggage) without damaging your lock or luggage.
- Prepare for possible sea sickness by purchasing over-the-counter medication, anti-motion medication, pressure wrist bands and/or slow release medicated patches that can be placed behind your ears.
- Remember that the limit on weight, size and number of pieces of luggage are different for cruise ships to those of airlines. If you must fly between your home and the port from which the ship is sailing, ensure your luggage meets the requirements of both the airline as well as the vessel.

Upon Boarding

- Ask the crew members for suggestions on shopping and shore excursions – crew members have been on most shore excursions and know the best locations for shopping and sightseeing.

...AND LASTLY...

- Join the Canadian Snowbird Association.
- Renew your membership with the Canadian Snowbird Association.
- Take a spare copy of the *CSA Travellers' Checklist* with you to help close up your winter residence when you are preparing to return to Canada

HAPPY AND SAFE TRAVELLING!



EMBASSY AND CONSULATES

General Embassy and Consulate Information

Security Restrictions

Many embassies and consulates around the world (not just the United States) prohibit walk-in public access to their buildings without an appointment. Always contact the consulate via telephone first before visiting an embassy or consulate.

Please note, due to the limited size of many consulate waiting rooms; the number of other individuals being served; as well as for general security reasons, the number of individuals who may accompany you could be limited. When telephoning to make your appointment, confirm who may or may not accompany you inside the building.

Proper government-issued photo ID will be required for entry.

For security reasons, many items are banned inside an embassy/consulate. You will be subject to security screening measures – similar to an airport – upon entry.

Banned items include:

- Food and beverages
- Electronic equipment of any kind including cell phones, cameras, Blackberries, laptop computers, tape/CD/MP3 players, pagers, palm pilots, keyless car remotes, batteries, etc.
- Briefcases, backpacks, large bags, luggage, large purses, etc.
- Oversize strollers
- Nail files and nail polish as well as liquids and lotions
- Weapons or tools of any kind including mace or pepper spray, any sharp or bladed objects, any oil or chemical-based sprays
- Contraband items

Consular Services for Canadians Abroad

The following list of consular services is not exhaustive and is subject to change. Many of the services listed below are provided at a prescribed fee. Please contact the appropriate consulate office in order to determine actual cost of services.

Consulate offices can provide the following services:

Emergency Services:

- Assist in arranging an evacuation in the event of war, civil unrest or a natural disaster, as a last resort.
- Provide you with a list of local doctors and hospitals in a medical emergency.
- Arrange for a medical evacuation if a necessary treatment is not available locally.
- Comfort and assist victims of robbery, sexual assault or other violence.
- Provide assistance in cases of missing persons or the abduction of a child to another country.



Legal and Notarial Services:

- Provide you with a list of local lawyers.
- Provide you with sources of information about local laws and regulations.
- Seek to ensure that you are treated fairly under a country's laws if you are arrested or detained.
- Notarize documents.

Other Services:

- Replace a lost, stolen, damaged or expired passport.
- Issue a Statement in Lieu of Certification of Non-impediment to Marriage Abroad.
- Provide an emergency loan, subject to strict rules and only as a last resort.
- Transfer funds.
- Contact relatives or friends and ask them for financial assistance.
- Contact next of kin, with your authorization, if you have had an accident or are detained by police.
- Accept citizenship applications.
- Provide advice about burying a Canadian abroad or assist in repatriating the remains to Canada.
- Contact next of kin in case of death.
- Request that local authorities investigate suspicious circumstances in the event of an alleged or apparent crime or death.



APPENDIX

United States Embassy and Consulates in Canada

More detailed information on the U.S. Embassy and Consulates in Canada can be accessed online at ca.usembassy.gov/embassy-consulates.

Ottawa

U.S. Embassy
490 Sussex Drive
Ottawa, ON K1N 1G8
Tel. (613) 688-5335
Fax (613) 688-3082

Calgary

Consulate General
615 Macleod Trail, S.E., 10th Floor
Calgary, AB T2G 4T8
Tel. (403) 266-8962
Fax (403) 264-6630

Halifax

Consulate General
Suite 904, Purdy's Wharf Tower II
1969 Upper Water Street
Halifax, NS B3J 3R7
Tel. (902) 429-2480
Fax (902) 423-6861

Montréal

Consulate General
1155 rue Saint-Alexandre
Montréal, QC
Tel. (514) 398-9695
Fax (514) 398-9748

Québec City

Consulate General
2 rue de la Terrasse-Dufferin
Québec, QC G1R 4T9
Tel. (418) 692-2095
Fax (418) 692-4640

Toronto

Consulate General
360 University Avenue
Toronto, ON M5G 1S4
Tel. (416) 595-1700
Fax (416) 595-6501

Vancouver

Consulate General
1075 West Pender Street
Vancouver, BC V6E 2M6
Tel. (604) 685-4311
Fax (604) 685-7175

Winnipeg

Consulate
201 Portage Avenue, Suite 860
Winnipeg, MB R3B 3K6
Tel. (204) 940-1800
Fax (204) 940-1809

Please note the U.S. embassy as well as many of their consulates have a separate mailing address (P.O. Box) for receiving all correspondence.

Please check ca.usembassy.gov/embassy-consulates or telephone the respective embassy or consulate before sending mail.



Canadian Embassy and Consulates in the United States

Washington

Canadian Embassy
501 Pennsylvania Avenue N.W.
Washington, DC 20001-2114
Tel. (202) 682-1740
Fax (202) 682-7738
canada.ca/Canada-In-Washington

Atlanta

Consulate General of Canada
1175 Peachtree Street
100 Colony Square, Suite 1700
Atlanta, GA 30361-6205
Tel. (404) 532-2000
Fax (404) 532-2050
canada.ca/Canada-In-Atlanta

Boston

Consulate General of Canada
3 Copley Place, Suite 400
Boston, MA 02116
Tel. (617) 247-5100
Fax (617) 247-5190
canada.ca/Canada-In-Boston

Chicago

Consulate General of Canada
Two Prudential Plaza
180 North Stetson Avenue, Suite 2400
Chicago, IL 60601
Tel. (312) 616-1860
Fax (312) 616-1877
canada.ca/Canada-In-Chicago

Dallas

Consulate General of Canada
500 N. Akard Street, Suite 2900
Dallas, TX 75201
Tel. (214) 922-9806
Fax (214) 922-9815
canada.ca/Canada-In-Dallas

Denver

Consulate General of Canada
1625 Broadway, Suite 2600
Denver, CO 80202
Tel. (303) 626-0640
Fax (303) 572-1158
canada.ca/Canada-In-Denver

Detroit

Consulate General of Canada
600 Renaissance Center, Suite 1100
Detroit, MI 48243-1798
Tel. (313) 567-2340
Fax (313) 567-2164
canada.ca/Canada-In-Detroit

Los Angeles

Consulate General of Canada
550 South Hope Street, 9th Floor
Los Angeles, CA 90071-2327
Tel. (213) 346-2700
Fax (213) 620-8827
canada.ca/Canada-In-Los-Angeles

Miami

Consulate General of Canada
First Union Financial Center, Suite 1600
200 South Biscayne Boulevard
Miami, FL 33131
Tel. (305) 579-1600
Fax (305) 374-6774
canada.ca/Canada-In-Miami

Minneapolis

Consulate General of Canada
 701 Fourth Avenue South, Suite 901
 Minneapolis, MN 55415-1899
 Tel. (612) 333-4641
 Fax (612) 332-4061
canada.ca/Canada-In-Minneapolis

New York

Consulate General of Canada
 466 Lexington Avenue, 20th Floor
 New York, NY 10017
 Tel. (212) 596-1628
 Fax (212) 596-1790
canada.ca/Canada-In-New-York

San Francisco

Consulate General of Canada
 580 California Street, 14th Floor
 San Francisco, CA 94104
 Tel. (415) 834-3180
 Fax (415) 834-3189
canada.ca/Canada-In-San-Francisco

Seattle

Consulate General of Canada
 1501 – 4th Avenue, Suite 600
 Seattle, WA 98101
 Tel. (206) 443-1777
 Fax (206) 443-9662
canada.ca/Canada-In-Seattle

Canadian Embassy and Consulates in Mexico

From Canada dial: 011+ 52 + Number
 From Mexico dial: 01 + Number

Mexico City

Canadian Embassy
 Calle Schiler 529
 Col Bosques de Chapultepec
 Del Miguel Hidalgo
 CP 11580 Mexico, DF
 Tel. (55) 5724-7900
 Fax (55) 5724-7943
www.mexico.gc.ca

Acapulco

Consular Agency of Canada
 Pasaje Diana, Avenida
 Costera Miguel Alemán 121, L-16
 Fracc. Magallanes
 39670 Acapulco, Guerrero
 México
 Tel. (744) 484-1305 / 481-1349
 Fax (744) 484-1306



Cabo San Lucas

Consular Agency of Canada
 Plaza San Lucas
 Carretera Transpeninsular Km. 0.5, Local 82
 Col. El Tezal
 23454 Cabo San Lucas, Baja California Sur
 Mexico
 Tel. (624) 142-4333
 Fax (624) 142-4262

Cancun

Consular Agency of Canada
 Centro Empresarial Oficina E7
 Blvd. Kukulcan Km. 12
 Zona Hotelera
 77599 Cancún, Quintana Roo
 Mexico
 Tel. (998) 883-3360 / 3361
 Fax (998) 883-3232

Guadalajara

Consulate of Canada
 World Trade Center
 Av. Mariano Otero 1249
 Piso 8, Torre Pacifico
 Col. Rinconada del Bosque
 Guadalajara, Jalisco
 CP 44530 Mexico
 Tel. (33) 1818 4200
 Fax (33) 1818 4210

Mazatlan

Consular Agency of Canada
 Centro Comercial La Marina Business and Life
 Blvd. Marina Mazatlán 2302, Office 41
 Col. Marina Mazatlán
 82103 Mazatlán, Sinaloa
 Mexico
 Tel. (669) 913-7320
 Fax (669) 914-6655

Toll-free emergency numbers

The following toll-free numbers can be dialed from anywhere within the country of Mexico, 24 hours a day, 7 days a week:

To reach the Embassy of Canada in Mexico City: **01-800-706-2900**

Emergency Watch and Response Centre in Ottawa: **001-800-514-0129**.

Monterrey

Consulate General of Canada
 Torre Gomez Morin 955
 Ave. Gomez Morin No. 955
 Suite 404 - 4th floor
 66279 San Pedro Garza Garcia, N.L.
 Mexico
 Tel. (81) 2088 3200
 Fax (81) 2088 3230

Playa del Carmen

Consular Agency of Canada
 Plaza Paraíso Caribe, Modulo C, Planta 2,
 Oficina C21 - 24
 Av. 10 Sur entre Calle 3 y 5 Sur, M-35, Lote 1
 Colonia Centro
 77710 Playa del Carmen, Quintana Roo
 Mexico
 Tel. (984) 803-2411
 Fax (984) 803-2665

Puerto Vallarta

Consular Agency of Canada
 Plaza Peninsula, Local Sub F
 Boulevard Francisco Medina Ascencio 2485
 Zona Hotelera Norte
 48300 Puerto Vallarta, Jalisco - Mexico
 Tel. (322) 293-0098
 (322) 293-0099
 Fax (322) 293-2894

Tijuana

Consulate of Canada
 German Gedovius 10411-101
 Condominio del Parque, Zona Rio
 Tijuana, Baja California Norte
 CP 22320 Mexico
 Tel. (664) 684-0461
 Fax (664) 684-0301



For Canadians who **KNOW**
they are heading south

“We’re Going!”



1-888-MEDIPAC
1-888-633-4722 • www.medipac.com

Underwritten by Old Republic Insurance Company of Canada

