



Checklist for travelers

To forget nothing and leave with peace of mind,
a checklist can help you

your health

- Obtain the **required vaccinations** for the countries you plan to visit and those that are needed to combat common diseases abroad. Allow time (you must make an appointment) and there is a fee. (e.g. Hepatitis A and B, Dukoral, etc.).
- **Renew your prescription drugs.** Better, get checked by your doctor. At the pharmacy, ask for a list of your medications and bring it with you when traveling or make a little business card format and place it in your wallet.
- Go to the dentist.
- In a **health record**, enter **information in case of emergency** (allergies, use of anticoagulants, medication list, etc).
- Suggestion list of drugs to have in your luggage:
 - Immodium
 - Tylenol
 - Anti-inflammatory (Advil)
 - Antibiotic (depending on the destination country)
 - Antihistamine (Benadryl)
 - Gastrolite
 - Gravol
 - Antiacid
 - Bugs repelent
 - Sunscreen
- **Subscribe travel insurance and cancellation.** On the back of a business card, write down the phone numbers (1-800) to call in case of emergency



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Your house

- Find a relative or friend who comes once a week and even three days to be sure to satisfy your insurer inspect, care for plants and pick up flyers. Give him a keychain, your route, the phone number of hotels, hostels where you can stay, contact your travel agency, etc., As well as your home insurer.
- **Notify neighbors of your absence** and the fact that someone you trust will take care of the house and a telephone number to reach that someone. Ask a neighbor to empty your mail box and all advertising circulars,
- Make **arrangements** for snow removal in your driveway.
- Find a shelter for your pet.
- **Install a timer for lighting.** The lights remain lit during the day are a sign of vacancy. They attract burglars.
- **Notify** Canada Post to hold your mail. Canada Post will charge you 20\$ for the first 10 days and 8.25\$ per additional week.
- Temporarily stop the delivery of your **daily newspaper**.
- Consider emptying the fridge and perhaps even unplugging it. The day of your departure, **unplug the heater and turn down the heat**.



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Your business

- You **pay electricity, gas and cable** by bank transfer? Make sure your account has sufficient funds before leaving. Instead, you pay these bills in person at a bank branch? Call customer service from your provider and ask what payment facilities are available. People are comfortable with the Internet on the websites of utilities, program schedule online payments.
- Do you need to renew your **house insurance**? Unlike auto insurance, homeowners insurance does not automatically renew each year. You must give written notice to your insurer that you accept (or reject) the proposed policy that you previously sent by mail. Watch for dates. It would be stupid that your home is no longer protected financially because your policy expires during your trip.
- Make sure **your passport, driving license and your registration** will remain valid during the entire time you are abroad. Check the expiration dates of these documents. If necessary, contact the Ministry of Foreign Affairs (passport) or with the Société de l'assurance automobile du Québec to address these questions.
- Go to the **bank or credit union**. Ask for traveler's checks and change your looniess. If you plan to use your debit card, make sure your PIN works with ATMs in foreign countries



Checklist for travelers

- Remember that if you leave the money from an ATM on your credit card, interest begins to run from the **day of withdrawal** unlike other purchases
- **Photocopy your debit and credit cards, passports** and keep these photocopies (preciously) in your luggage, but elsewhere than in your wallet. In case of theft, you will have relevant information requested the financial institutions.
- Start with a little money in the country where you are going. You can always change money there, but must learn where the rates are the best, or a currency exchange at the airport or in the city visited the counter of the hotel to enjoy the best rate.
- On the back of the business card we talked to the "Your Health", enter the phone numbers without (1-800) to call in case of stolen cards.

Your car

- **If you use your vehicle for the trip.** Take your car to the garage. Engine, brakes, steering, suspension: mechanics must bathe in oil. Battery, alternator, starter motor: electricity must be the hair. Check and adjust the air pressure of the tires. Do not forget the spare.
- Have an emergency kit (flares, basic tools, rope, towel, etc.).
- Check that the **liability coverage of your auto insurance** is at least a million dollars. For the United States, the Insurance Bureau of Canada recommends protection for two million. The addition of the QEF 27 (liability for damage to vehicles not owned by the insured) to your current policy is advisable if during your trip you will be using the vehicle of a friend or a parent. Your car insurance will give you the details.
- If your car is leased long term, notify the rental company that you use the vehicle outside of Quebec.





Checklist for travelers

The indispensable

- Power Adapter
- Small Alarm-clock
- Small Flashlight
- Card Game
- Binocular
- Camera (battery and charger)
- First Aid Kit
- Raincoat or small umbrella
- Pocket for money and documents
- Corkscrew (prohibited in the cabin of an airplane)
- Dental floss, toothbrush and toothpaste
- Hand Sanitizer
- Toilet paper
- Small sewing kit
- Sun glasses
- Ballpoint
- Travel Book for taking notes
- Laundry soap
- String or rope

The luggage

- Inform yourself well on the number and size of luggage that you have the right to take, depending on your destination, carrier and if it is a domestic or international flight.
- Often we allow a large suitcase and a smaller (9 x 16 x 22 inches.) that can be boarding the plane and a backpack. The ideal is that these luggage are on wheels that rotate 360. To better respect the suitcase is that the backpack zips on it, then to board the plane one has only unzip the backpack and can slide under the bench and put the suitcase in the compartments above the seats.





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- Very useful, an electronic scale to weigh hand luggage before every flight to avoid paying additional costs expensive at the airport counter. Usually, the maximum weight for the big suitcase is 20 to 23kg depending on the airline.
- You can attach a small scarf, a piece of wool or other object after the handle of the suitcase to identify it more easily when displayed among hundreds of others on the baggage carousel after the arrival of the plane.
- Before going to the plane, after leaving his big suitcase at the counter of the airline, it must pass the security check to get into the sterile area. We pass this check with our hand luggage (suitcase, backpack, purse, etc) And it must be remembered that they must not contain any sharp object. For liquids, you can get them in bottles that can hold more than 100ml. When in a bottle there are more than 20ml of perfume but the bottle contains 130ml, it will be confiscated!
- On your big suitcase, the only lock that you can put those certified as "Travel Sentry" because they are the only ones for which the authorities have the keys to open the lock. Otherwise, your locks may simply cut off.

Did you know ?

If you spend 183 days or more in the United States in a year, you may be considered a U.S. resident. You would then be required to complete a tax return and may have to pay tax in the country of Uncle Sam (in addition to pay in Canada and Quebec, of course). Be vigilant about your stay.

Similarly, if you spend 183 days or more outside of Quebec in the same calendar year, you may be at risk of not being covered by health insurance in Quebec. Visit the website of the RAMQ for details.

(<http://www.ramq.gouv.qc.ca/fr/citoyens/assurancemaladie/quitter/temporaire.shtml>)

*On the day of your departure,
The forecast calls for good weather where you're going
GORGEOUS!*



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*It announces the clouds ?
Kepp smiling, you're on HOLIDAY*



BON VOYAGE