

Pre-Travel Checklist

Don't go away without checking your Pre-Travel Checklist.

Travellers Note: When travelling outside Canada, you may be at risk for a number of illnesses that vaccines can help prevent, including invasive meningococcal disease (IMD).

You should consult a health care provider or visit a travel health clinic preferably six weeks before you travel. Be sure to tell your doctor if you are planning to visit sub-Saharan Africa and request MenQuadfi® to protect against IMD.

Travelling is exciting!

However, it can be very easy to get caught up in the excitement and forget to be prepared. Planning today will save you a lot of grief on your trip, so make sure you have these important essentials covered:

- ✓ **PASSPORT** – Make sure your Passport is up-to-date well in advance! Passport renewals can take weeks, and the last thing you want is to get caught with an expired passport. Go check yours now and be sure to bring it with you.
- ✓ **VACCINATIONS** – Talk to your doctor about your travel plans and ask about any vaccines you should consider getting, such as the MenQuadfi® vaccine for the prevention of invasive meningococcal disease.
- ✓ **FOR SUB-SAHARAN AFRICA TRAVELLERS & PILGRIMAGE TRIPS** – Be prepared for invasive meningococcal disease (IMD)! Especially if you are travelling to sub-Saharan Africa or going on a pilgrimage, all travellers aged 12 months and older should make it a priority to consider getting the MenACWY vaccine for the prevention of IMD.
- ✓ **TRAVEL BACKPACK** – Treat yourself to a trusty travel backpack, ideally something light and sturdy to help keep your essentials close to you such as your passport, wallet, phone, prescriptions, and snacks!
- ✓ **TRAVEL POWER ADAPTERS** – Not all plug pins will let you plug-in! Region-specific power adapters are a must when travelling overseas. To make sure you can plug in your phone and other technology, purchase a power adapter before you depart.
- ✓ **MEDICINE** – In addition to any vaccinations, remember to bring your updated prescriptions and over the counter medications. Trying to find your prescription on the other side of the world can be a headache, just like not having pain or allergy medication. Pack a pouch of your medicine in your travel backpack so you're prepared for anything.
- ✓ **LAUNDRY BAG** – Let's just say finding a place to do laundry on vacation is probably not your priority. It stinks. When you're living out of your suitcase, keep your dirties from mingling and pack a laundry travel bag.