



# TRAVEL CHECKLIST

# AUTHENTIK

CANADA

## BEFORE YOU LEAVE...

- Check your passport expiry dates
- Buy travel insurance (cancellation, luggage, medical, civil liability)
- Ask someone to visit your house once a week (to water the plants, etc.)
- Make arrangements for your pets
- Have your mail held
- Empty the fridge
- Unplug electrical appliances
- Lock the windows and doors
- Shut the water main
- Turn down the heat
- Make a photocopy of official documents (passports, driver's license, etc.)
- Fully charge the batteries of your camera, video camera, phone, tablet etc

## DOCUMENTS

- Passport
- Electronic Travel Authorization (eTA)
- Proof of insurance (medical + luggage + civil liability)
- Valid driver's license and international license
- Credit/debit card
- Cash (Canadian dollars)
- Exchange vouchers and booking reservations (where applicable)
- Plane tickets (round-trip)
- Phone numbers and addresses of friends/loved ones (for postcards)
- Health booklet (or vaccination booklet)
- Person to contact in case of emergency (contact info)
- Travel guide / Book to read
- Pens

## **TOILETRIES**

- Soap and shampoo
- Toothbrush
- Toothpaste
- Deodorant / Antiperspirant
- Tampons / Sanitary napkins
- Razor + shaving cream (or electric razor)
- Hairbrush / Comb
- Nail file / Nail clipper
- Moisturizing body lotion
- Makeup kit
- Hair elastics / barrettes
- Tweezers
- Hand mirror
- Glasses / Contact lenses
- Facial tissue
- Sunscreen
- Insect repellent (DEET-based)
- Aspirin (or other painkillers)
- Contraceptive pills / Condoms
- Personal medicines
- Lip balm
- Hand sanitizer

## **CLOTHING**

- Underwear
- Socks
- Cool clothing (shorts, t-shirts, tank tops, dresses, etc.)
- Warm clothing (jeans, pants, sweatshirts, etc.)
- Shoes / Sandals
- Sweater (polar fleece or wool)
- Raincoat / Windcheater

- Sun hat / Tuque
- Scarf
- Pyjamas
- Swimsuit / Towels

### **ACCESSORIES**

- Suitcase with wheels
- Backpack (for day trips)
- Sunglasses
- Water bottle
- Converter / Adapter (electric)
- Camera + charger
- Video camera + charger
- Tripod / Selfie stick
- Memory card
- Mobile phone + charger
- Ziploc bags (to protect electronics)
- Garbage bags (dirty clothing)
- Music / Playlist
- Hairdryer
- Travel pillow and ear plugs (airplane)
- Snacks
- Child's car seat
- Diaper bag for infants (diapers, changing mat, wipes, cream, bottles, toys, etc.)

### **FIRST AID KIT**

- Moleskin for blisters
- Disinfectant
- Adhesive bandages
- Thermometer
- Motion sickness medication
- Anti-Diarrheal medication
- Aloe gel for sunburn

## **IN YOUR CARRY-ON**

Pour l'avion, prenez votre sac à dos et mettez ce qui suit dedans:

- Passports
- Electronic Travel Authorization
- Wallet (driver's license, debit/credit cards, Canadian dollars, etc.)
- Proof of travel insurance
- Exchange vouchers (where applicable)
- Plane ticket
- Travel guide / Book to read
- Pen
- Snacks / Water bottle
- Toothbrush / Toothpaste
- Deodorant
- Tampons / Sanitary napkins
- Facial tissues
- Aspirin (or other pain medication)
- Personal medications
- Sweater (polar fleece or wool)
- Camera / Video camera
- Mobile phone