

Advice

Setting off on a trip requires a few precautions. For example:

- See your doctor for a check-up at least six months before your departure date.
- Ask your insurer for the address of a health clinic near your destination.
- Visit a travel health clinic to assess your immunization requirements at least six weeks before leaving.
- Consult the Foreign Affairs Canada website (www.travel.gc.ca) for health and safety precautions for the country you'll be visiting.
- Prepare a health report (in English and in French) noting allergies and current medical treatments, including a phone number in case of emergency.
- Bring along "fact sheets" provided by your pharmacy concerning your medications.
- Leave a number where you can be reached in case of emergency.
- Advise your airline if you suffer from any food allergies.
- If you have to eat on the way, light meals and small portions are preferable.

For more information, visit the Public Health Agency of Canada website (www.publichealth.gc.ca)

Because everything is organized, you leave with peace of mind...

Whether you're leaving for a weekend or a month, the key to a great vacation is preparation—and not forgetting anything.

CAA-Quebec's Travel Checklist is designed to help. It's a handy packing and to-do list, all in one. Travel guides, toothbrush... Just check what you need and you're on your way!

Don't know where to start?

Stop by your CAA-Quebec Travel Centre and discover our famous one-stop travel services. You'll find everything you need for a perfect vacation.

BON VOYAGE!



14 Travel Centres to serve you

Boisbriand: 2715, rue d'Annemasse	450 435-3636
Brossard: 8940, boul. Leduc	450 465-0620
Gatineau: 960, boul. Maloney Ouest	819 778-2225
Laval: 3131, boul. Saint-Martin Ouest	450 682-8100
Lévis: 85, route du Président-Kennedy	418 624-8585
Montreal: 1180, rue Drummond	514 861-5111
Pointe-Claire: 1000, boul. Saint-Jean	514 426-2760
Quebec City: 500, rue Bouvier	418 624-8222
Quebec City: 2600, boul. Laurier	418 653-9200
Saguenay: 1700, boul. Talbot	418 545-8686
Saint-Léonard: 7178, boul. Langelier	514 255-3560
Sherbrooke: 2990, rue King Ouest	819 566-5132
Terrebonne: 302, montée des Pionniers	450 585-9797
Trois-Rivières: 4085, boul. des Récollets	819 376-9394

To benefit from other services or for more information:
1 800 686-9243

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Travel

EXPERIENCE THE BENEFITS

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Plan your holiday stress-free



Travel Checklist



Travel

EXPERIENCE THE BENEFITS

caaquebec.com

Prior to departure

- Emergency Medical Care coverage ➔
- Trip Cancellation or Interruption Insurance ➔
- Baggage and transportation accident insurance ➔
- Foreign currencies
- Travel guides and maps ➔
- International Driving Permit ➔
- Credit card (tell your supplier that you're leaving on a trip) ➔*
- Reservations (hotel, car, etc.) ➔
- Travel tickets (plane, train, boat, bus, etc.) ➔
- Theme park admissions (Disney, Busch Gardens, SeaWorld, Canada's Wonderland, Universal Studios, Islands of Adventure, etc.) ➔
- Reservations for special events (e.g. shows)
- Passport photos ➔
- Passport and visa (foreign travel limited for people with a criminal record)
- Health records and emergency information
- Identification papers
- Photocopies of your documents (passport, travel itinerary)
- Documents for children travelling alone or accompanied
- Registration and vaccination certificates for your pets

Toiletries

- Laundry soap ➔
- Toilet soap and shampoo
- Plastic bottles (for laundry soap and shampoo) ➔
- Toothbrush, toothpaste and dental floss ➔
- Hand sanitizer ➔
- Brush and comb
- Deodorant
- Skin care products and lip balm
- Make-up and mirror
- Cosmetics bag ➔
- Towel and washcloth ➔
- Razor and shaving cream
- Travel hair dryer and flat iron ➔
- Sunscreen ➔
- Condoms

The essentials

- Suitcases and boarding bag ➔
- Rainwear ➔
- Travel diary ➔
- Luggage padlocks ➔
- Luggage tags ➔
- Brimmed hat ➔
- Travel clothing and footwear ➔
- Camera and memory card
- Video camera, DVD player, charger and adapter
- Water bottle ➔
- Reading material, MP3 player
- Address book
- Tour bag ➔
- First-aid kit ➔
- Passport/money wallet (safety belt) ➔
- Reading light ➔
- Travel clock ➔
- Current converter/adaptor ➔
- Sunglasses
- Extra batteries ➔
- RFID-blocking stash ➔
- Anti-theft bag ➔

Practical items

- Luggage safety strap ➔
- Travel iron ➔
- Luggage scale ➔
- Neck pillow ➔
- Portable clothesline ➔
- Jet lag remedy ➔
- Earplugs ➔
- Travel sickness wristbands ➔
- Garment steamer ➔
- Shoe bag ➔
- Waterproof bag ➔
- Travel sewing kit ➔
- Pocket dictionary, phrasebook and electronic translator ➔
- Binoculars
- Infant or child car seat
- Games ➔
- Insect repellent ➔
- Waterproof sleeve for electronic device ➔
- Leak-proof wine bottle bag ➔
- Compression bags ➔
- Body-cooling neck wrap ➔
- Travel sheet and blanket ➔
- Umbrella ➔

Medications

Take more than you would normally need, in case you have to extend your stay. (Prescription medications in Europe and Asia differ from ours.)

- Pain, fever and cold medications
- Diarrhea, constipation, stomach ache, allergy and nausea medications
- Antimalarials and medication for altitude sickness or travellers' diarrhea
- Personal medication (in their original container, along with a copy of the prescription)
- Antibiotic creams (for cuts and burns) and cortisone creams (for insect bites and rashes)
- Rehydration salts for use in case of severe vomiting or diarrhea
- Contact lens solution
- Sterilized syringes and needles accompanied by a doctor's note
- Unbreakable thermometer
- Weekly pill dispenser ➔
- Medical bag to transport insulin and glucose meter ➔

To be adapted depending on your trip and state of health.

Home



- Set up a timed lighting system
- Make sure somebody trustworthy visits your home every day
- Arrange for care of pets, lawn and houseplants, and for snow removal
- Stop deliveries
- Have the post office hold your mail
- Leave your house key and travel itinerary with a friend or neighbour
- Empty your refrigerator
- Unplug your appliances (computer, television, etc.)
- Turn down the thermostats
- Lock all doors and windows
- Turn off the main water valve
- Disconnect your automatic garage door opener
- Check your voicemail messages remotely and erase them, or have them forwarded to a family member or friend
- List another trustworthy address on your baggage rather than your own home address

Auto touring



- Bring an emergency kit that includes booster cables, matches, a flashlight, etc.
- Make sure that your automobile insurance includes civil liability coverage of at least \$2,000,000 and the required FAQ 27 and FAQ 2 insurance riders
- If your vehicle is leased or rented, advise the company that you will be travelling outside Quebec
- Make sure your vehicle registration and driver's licence are valid
- Have your car inspected at one of CAA-Quebec's inspection centres before you leave
- Before and during your trip, pay particular attention to tire pressure and fluid levels, especially the motor oil level. In case of mechanical problem, visit one of CAA/AAA Approved Garages (North America only)

Items you cannot have in your carry-on baggage

- ✗ Knives (including pocket knives)
- ✗ Any sharp and/or pointed and/or metallic objects
- ✗ Replica weapons
- ✗ Corkscrews (with knives)
- ✗ Fireworks
- ✗ All sporting equipment such as: golf clubs, hockey sticks, baseball bats, ski poles, pool cues, squash/tennis racquets (permitted provided certain conditions are met), etc.
- ✗ Firearms or firearms parts
- ✗ Liquids, aerosols or gels—other than baby formula, milk, juice and other baby foods—in containers with a capacity of more than 100 ml or 100 g that do not all fit in one clear, closed and re-sealable plastic bag of a maximal capacity of 1L
- ✗ Razor blades (without cartridges)

This list is provided only as a sample. To read the complete, updated list, visit the Canadian Air Transport Security Authority website at www.catsa.gc.ca.

➔ Available at CAA-Quebec Travel Centres.

Free Residential Advisory Services, for members only.

Free Automotive Advisory Services, for members only.

* Check with your travel counsellor to make sure that your credit card is accepted in the country you are about to visit.