

## Prior to departure

- Emergency medical care coverage 
- Trip cancellation and interruption insurance 
- Package plan 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, 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
- Cosmetics and mirror
- Cosmetics bag 
- Towel and washcloth 
- Razor and shaving cream
- Travel hair dryer and flat iron 
- Sunscreen 
- Condoms
- Laundry bag 

## The essentials

- Suitcases and carry-on 
- Raincoat and umbrella 
- Travel diary 
- Luggage padlocks 
- Luggage tags 
- Brimmed hat 
- Travel clothing and footwear 
- Camera and memory card
- Video camera, DVD player, charger and adapter
- Refillable water bottle 
- Reading material, MP3 player
- Address book
- Tour bag 
- First-aid kit 
- RID-blocking passport/money holder 
- Reading light 
- Travel clock 
- Power voltage converter/adaptor 
- Sunglasses
- Extra batteries 
- Anti-theft bag 
- Paper and pen 
- Beach footwear 
- Insect repellent 

## 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 
- Waterproof pouch for electronic device 
- Leak-proof wine bottle bag 
- Compression bags 
- Body-cooling neck wrap 
- Travel sheet and blanket 

## 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
- Program TV recordings
- Shut off the taps to the washing machine

## 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) with a blade longer than 6 cm
- Any sharp and/or pointed and/or metallic objects
- Replica weapons
- 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](http://www.catsa.gc.ca).*

 Available at CAA-Quebec Travel Centres and at the online Boutique.

 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.