

# TRAVEL SAFETY

## GOING ON A BEACH VACATION TO ESCAPE WINTER? PLAN AHEAD

TO ENSURE YOUR VACATION IS HEALTHY AND SAFE do some research and prepare before your trip.

- Ensure you have valid documents such as passports, visas, health insurance and emergency medical contact information
- Determine appropriate vaccine requirements or visit a travel health clinic
- Consult Government of Canada's website for travel advice and alerts
- If travelling abroad consider Registration of Canadians Abroad which allows the Government of Canada to notify you in the event of an emergency
- Take a first aid kit since supplies may not be readily available at your destination. If travelling with medication pack it in your carry-on bag and take extra in case you are away for longer than expected
- If your vacation involves the beach and water sports remember water safety tips
- If travelling with children take extra precautions – their immune systems are still developing and many considerations should be taken

For more information on travel safety visit  
[www.travel.gc.ca](http://www.travel.gc.ca)