

1 BEFORE YOU BOOK: UNDERSTAND

- Check your passport and other official documents are still valid
- Choose a destination: Be sure to check the COVID-19 case numbers and vaccination rates to understand the risk, and possible burden on their healthcare system
- Check the entry requirements of your destination, including border status, visa, and COVID-19 vaccine requirements

2 BEFORE YOU TRAVEL: PREPARE

- Book your plane ticket and make your accommodation reservations
- Research the restrictions in place at your destination so you can plan your activities accordingly
- Get travel insurance--be sure that it includes medical or cancellation coverage related to COVID-19
- Visit a travel clinic, like La Clinique du Voyageur, to get the travel vaccines and medications you need for your trip. Don't let preventable illnesses like typhoid or malaria ruin your return to travel
- Make an appointment for a COVID test (if applicable) -- be mindful of test timing outlined by your destination (e.g. 48 hours before departure, 72 hours before arrival, etc.)
- Register for security alerts related to your travel destination and join the Registration of Canadians Abroad

3 WHILE YOU TRAVEL: STAY SAFE

- Keep up to date with local restrictions, case counts, and protocols
- Practice good hand hygiene

4 RETURN TO CANADA: FOLLOW THE PROTOCOLS

- Keep up to date with [Canada's re-entry and quarantine requirements](#)
- Download the ArriveCAN mobile app
- You will require a negative COVID test before travelling back to Canada, and the results should be uploaded to the ArriveCAN app
- Be sure you have a quarantine plan ready for your return (private transport to your accommodation, grocery delivery, etc.). Add these plans and your travel details in the ArriveCAN app
- You will need a COVID test before leaving the airport upon arrival in Canada. You can register for this test in advance