

# Be Travel Ready

## 5 tips to help prepare for your next adventure



### Tip 1: Review your travel insurance policy

Have a quick review of your travel insurance policy before you go, familiarize yourself with your policy coverages and take note of any exclusions, or limitations. Dial the Emergency Assistance phone number on your wallet card for pre-trip assistance. Also, be sure to gather and update, if necessary, any other key travel documents you need to take with you – like your government issued ID, boarding passes, itinerary, etc.



### Tip 2: Download the TripWise Travel App – Smart and handy in an emergency

The TripWise App is available to download from the Apple or Google Play store to your smartphone for free!



Be sure to add your Emergency Assistance toll-free and collect phone numbers directly into the App.



It could save you precious time in an emergency when you don't have to search for a number.

The Trip Wise App has several useful features such as **Hospital Search** (with GPS locator capability to find an accredited, local hospital at your travel destination), **Rx and First-aid Terms** with a medical dictionary containing the internationally recognized names of common prescription medications, as well as the ability to translate popular first-aid terms in over 15 languages, and finally, **Country Information** so you can quickly access the local emergency services numbers (ex. 911), for over 195 international destinations.

### Tip 3: Ensure your vaccinations are up-to-date

Certain travel destinations require you to have up-to-date vaccinations or special ones specific to their area. Visit your doctor or travel clinic to ask about any vaccinations you might need. Note that some must be administered weeks before you travel, sometimes in multiple doses, so aim to have this discussion as far in advance as possible to find out what might apply to your specific situation.



### Tip 4: Share your itinerary with family

Provide your family (those travelling with you and others who aren't) with the details of your trip so they know exactly where you'll be and how to reach you during your travels. Consider providing them with a photocopy of your passport as well (take a photo and email yourself a copy too, just in case), and register with the Canadians Abroad service online or in person at your destination so they can get in touch with you in an emergency.



### Tip 5: Complete your travel checklist

For some, a travel checklist can be a handy tool for staying on track when planning a trip. For others, it can simply serve as a guideline, offering useful reminders of what you need to do to prepare. Visit the Canadian government's [Travel and Tourism website](#) to review the useful tips available to help you stay on track for a safe trip.



## Got travel plans? **Get TRAVELin** with travel insurance!

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