SAFE TRAVELS

READY FOR TAKE OFF?
**UNIVERSITY REQUIREMENTS**

- Attend Pre-Departure Orientation
- Complete McGill Travel Registry
- Courses and transfer credits: have them approved before you leave
- Download McGillAbroad App

**MONEY MATTERS**

- **Plan Budget** including funds for emergencies
- **Research destination banking system**
- **Bring sufficient cash** (don’t forget some foreign currency)
- **Inform bank of travel plans before using credit cards**

**WHILE YOU’RE AWAY**

- **Keep in touch** family & friends
  McGillAbroad FB pages
- **Get engaged!**
  - learn the language
  - write a **journal** or blog
  - experiment with **new cuisines**
  - get involved with the community or student groups
  - leave you comfort zone!

**EMERGENCY PLANNING**

- **Check your country travel report on travel.gc.ca**
- **Register with Registration of Canadians Abroad travel.gc.ca/register if you are Canadian** (If not, register with your home country’s foreign affairs office)
- **Create an Emergency Action Plan** (page 4)

**PASSPORTS & VISAS**

- **Passport** - valid for 6 months
- **Host Country entry visa**
- **Bring birth/citizen certificate** (speeds of replacement of lost passport)
- **Print and email copies of** passport identification page travel documents (ex. visa) identification cards insurance policy vaccinations & immunizations booklet itinerary emergency contacts

**HEALTH AND INSURANCE**

- **Travel and Medical Insurance** including:
  - emergency health coverage
  - emergency evacuation coverage
  - trip cancellation & interruption
- **Policy exclusions**
  - limitations, restrictions, exclusions, caveat (eg., political demonstrations, extreme sports)
  - travel advisories - can affect your coverage
- **McGill Health Clinic or Travel Clinic**
- **Fill prescriptions for entire trip**
  - store in original bottles with labels
  - have prescription on you for verification

- **Appropriate supplies for host country**
  (also OTC medication)
  - eyeglass prescription too!
- **Pack a medical kit/supplies necessary**
  - sunscreen
  - insect repellent
  - water filter
  - thermometer
PASSPORTS/VISA

Consulate/Embassy

Emergency Contact, Host Institution

MONEY MATTERS

Your Bank

Nearest ATM

HEALTH & INSURANCE

My plan for host country national security crisis:
1. 
2. 
3. 

My plan in a medical emergency:
1. 
2. 
3. 

Fire Department:

Hospital:

911 equivalent:

Police:

MCGILL INFORMATION

If you need to contact McGill in an emergency while abroad, call McGill Campus Security at +1-514-398-3000, available 24/7. You CAN call collect.

Emergency consular assistance:
1. Send an email to sos@international.gc.ca
2. Make a collect call to +613-996-8885
3. Call the nearest embassy or consulate
4. Send a text to 613-209-1233

If you’re not in danger during a crisis, you should:
1. Contact your closest family members.
2. Check your email. mcgillabroad@mcgill.ca will reach out to you to check if you are safe. You should respond immediately.
3. Remain vigilant and follow the advice of local authorities.