



OTHER SOURCES OF REFERENCE & INFORMATION

London Travel Clinic
520 Sarnia Rd. London
Phone: (519) 432-5508
www.londontravelclinic.com

Middlesex London Health Unit
50 King Street London

Public Health Agency of Canada
www.phac-aspc.gc.ca

World Health Organization
www.who.int

Consular Affairs
Information & assistance for Canadians
Abroad
www.voyage.gc.ca

Passport Canada
201-400 York Street, London
www.ppt.gc.ca

Travel Books and Maps
Novacks, 211 King Street, London
(519) 434-2282
www.novacks.com

Foreign Exchange Services
Continental Currency Exchange
Masonville Mall
(519) 850-0111
www.continentalcurrency.ca



UNIGLOBE

Instant Travel Inc.

200-235 North Centre Rd.
London, ON N5X 4E7
Phone: 519- 660-6966
Fax: 519-673-3304

2383 Main St.,
P.O Box 117 Lambeth St
Lambeth, ON N5P 1P9
Phone: 519-652-6171
Fax: 519-652-9848

www.uniglobeinstant.com

ACTA
Association of Canadian Travel Agencies
Association canadienne des agences de voyages

TICO
TRAVEL INDUSTRY COUNCIL OF ONTARIO
Reg#1549342

UNIGLOBE

Instant Travel Inc.

Before
you go...



"Without an agent you're on your own!"

Preparing for your trip...

- Ensure your passport is valid 6 months beyond the date of your return to Canada.
- Obtain all necessary visas (through UNIGLOBE Instant Travel)
- Vaccinations and prescriptions, medical certificates and an extra pair of eye glasses.
- Leave a copy of your passport, itinerary and insurance policy with a friend or relative
- Obtain a consent letter if travelling with children i.e. one parent travelling or child travelling with another family member or friend
- International Drivers Licence
- Foreign currency and travellers cheques

Preparing your home for your trip...

- Ask a neighbour or relative to check your home periodically and pick up your mail
- Cancel all paper deliveries
- Pet care
- Plant care
- Snow removal/lawn care
- Trash
- Automatic timers on lights

Think before you pack it ...

For safety reasons, many items are not permitted on an aircraft, including sharp items, matches, lighters etc. In addition, liquids, gels and aerosols are limited to 100ml sizes and must all fit in a one-litre zip lock bag. For the most up to date information on carry on regulations, visit www.catsa.gc.ca

Each airline has a maximum baggage allowance. Check your documents or call UNIGLOBE for details on your airline.

If you are travelling with a companion, pack some of your items in their luggage and some of their items in your luggage. That way if one piece of luggage is lost you will each have some items.

If your luggage is lost or damaged you need to report it to the airline immediately upon your arrival.

CARRY ON ITEMS

- Tickets
- Passport or documentation/visas
- Consent letter if travelling with children
- Vaccination Certificate
- OHIP card
- Travel Insurance Policy
- Wallet
- Travellers Cheques
- Cash Canadian/Foreign
- Jewellery
- Itinerary & Confirmations
- Lap Top computer
- Cell phone & charger
- Business cards
- Briefcase
- Medication (in original container)
- Phone/Address Book
- Change of clothes
- Snacks
- Camera, memory card, film, batteries & charger
- Mp3 player
- Book or magazine
- Maps, guides & directions
- Calling card
- Pen & paper
- Money belt
- Calculator
- Keys for suitcase lock
- Language phrase book
- Hand sanitizer
- Check www.tc.gc.ca for carry on regulations

TIPS FOR BABIES

- Night Light
- Rubber bands & masking tape to latch cabinets, mini bars and microwaves closed
- Plastic covers for electrical outlets
- Stroller
- Play pen
- Insect net

GENERAL LIST

- First Aid kit
- Alarm clock
- Needle, thread, safety pin
- TSA approved luggage lock
- Sport Accessories
- Umbrella
- Corkscrew
- Contact lens & kit/Spare glasses
- Sunscreen
- Flashlight
- Binoculars
- Sunglasses
- Iodine to purify water
- Water bottle
- Anti-diarrhoea/nausea medicine
- Insect repellent
- Large collapsible bag
- Converter
- Travel iron
- Cards/Books/Games
- Photocopy of passport

TIPS FOR CHILDREN

- Personal fanny pack or backpack
- Snacks
- Books, crayons, paper, stickers
- Stuffed animal
- Blanket
- Water bottle
- Water wings or flotation device



When parking your car for an extended period, remove the garage door opener and the insurance ownership.