

**University-Related International Activity**  
**Travel Checklist**

	I have attended a pre-departure session at McGill.
	I have checked <a href="http://travel.gc.ca/travelling/advisories">http://travel.gc.ca/travelling/advisories</a> to see if there are any travel advisories concerning my country issued by the Government of Canada.
	I have a passport that will be valid for six months after the END of my internship.
	I have registered my travel with my government (For Canadians: <a href="http://travel.gc.ca/travelling/registration">http://travel.gc.ca/travelling/registration</a> ).
	I know the location and the contact information of the embassy/consulate of my country in all of the countries I will be in.
	I have drafted an itinerary of all my travel plans and given this information to someone at home.
	I am familiar with the visa requirements for my host country and, if applicable, I have applied for the visa that I need.
	I have arranged accommodation in my host country and informed my host organization of my arrival plans.
	I have completed the Minerva travel registry.
	I have completed all forms outlined in the Interns Handbook.
	I have obtained travel health insurance.
	I have printed out my insurance provider's contact information and the emergency hotline
	I am aware of what my travel health insurance policy does and does not cover: Evacuation? Trip cancellation? Pre-existing medical conditions? Does it exclude specifically any countries you plan to visit? Exclusions for extreme sports, political unrest?
	I have visited a doctor to find out if I need any vaccinations or medications and, if applicable, have gotten all the required vaccinations.
	(If applicable) I have enough of all my regular prescription medications to last for the duration of my internship, along with a copy of the prescription.
	I have read up about my host country: history, current political situation, living conditions, personal safety, cultural norms, languages, etc.
	I have made a budget for my travels, including a contingency fund for emergencies, purchased foreign currency or traveller's cheques.
	I have contacted my bank/credit card company and told them I will be away.
	I know the location of the nearest hospital/clinic to where I will be living during my internship.
	I know where the nearest police station and consulate/embassy.