

The 3Rs of International Travel

Read up • Register • Reach us



READ UP

Consult the Government of Canada's official travel advice for countries and regions around the world.

This advice includes essential information on situations that may affect your safety abroad, including:

- ▶ travel advisories
- ▶ security risks
- ▶ entry and exit requirements
- ▶ health conditions
- ▶ local laws and culture
- ▶ natural disasters and climate

Consult the Country [Travel Advice and Advisories](#) at least twice: while you are planning your trip and just before you go. And don't forget to purchase adequate travel insurance.

travel.gc.ca/advice

REGISTER

Sign up for the [Registration of Canadians Abroad](#) service before you leave Canada or while you are abroad.

Registration enables the Government of Canada to contact and assist you in case of an emergency abroad, such as an earthquake or civil unrest, or an emergency at home.

This service is:

- ▶ free
- ▶ fast
- ▶ confidential
- ▶ mobile-friendly

travel.gc.ca/register

REACH US

Before you go, find the location and contact information for the Canadian embassy or consulate closest to your travel destination.

Visit our [embassies and consulates](#) page to download a wallet-sized card for any of our offices, or customize your own emergency contact card with our downloadable version.

Always keep this information close at hand while travelling, and if you need emergency assistance, call the nearest office serving your destination. Consular officers will assess your situation and inform you how they can provide assistance.

After business hours, you may also reach the Emergency Watch and Response Centre 24/7 directly by telephone at +1 613 996 8885 or by email at sos@international.gc.ca

travel.gc.ca/embassies

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