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for travel health and  
safety information



# CRUISE TRAVELLER'S CHECKLIST

for health and safety while cruising outside Canada



## BEFORE YOU CRUISE

- Research your destination(s)** at [travel.gc.ca/destinations](http://travel.gc.ca/destinations) for information, such as safety and security, entry and exit requirements, laws and culture, health, natural disasters and climate.
- Get travel insurance** that covers cruising and activities on shore.
- Talk to a health care provider** preferably about 6 weeks before your trip. Even if your travel date is coming up soon, it's still worthwhile to make an appointment.
- Make sure you have the travel documents you need** to board the ship and enter the destinations you'll visit. Leave copies of your itinerary and important documents with someone you trust at home.

## WHILE CRUISING

- Take steps to protect your health:**
  - Clean your hands regularly.
  - Wear a well-fitting respirator or mask, especially if you're sick and need to be around others.
  - Practice safer sex to reduce your risk of sexually transmitted infections.
  - While on shore, prevent insect and tick bites, avoid contact with animals, and take precautions with food and drinks.
- Stay safe on board** by locking your cabin, securing travel documents and valuables, limiting alcohol intake, and not leaving drinks unattended.
- Stay safe during shore visits** by using reputable tour operators, respecting local laws and customs, following health advice, and keeping track of departure times.

## STAY CONNECTED

- Register your trip** with the Government of Canada at [travel.gc.ca/register](http://travel.gc.ca/register) to receive important information and advice in case of an emergency at your destination(s).
- Follow us** on X: @TravelGoC
- Like us** on Facebook: [Travel.gc.ca](http://Travel.gc.ca)  
Travel advice from the Government of Canada.

## IF YOU NEED HELP

Visit [travel.gc.ca/emergencies](http://travel.gc.ca/emergencies) for consular assistance abroad. Carry the contact information for the nearest Canadian office serving the countries you plan to visit, and for Global Affairs Canada's 24/7 Emergency Watch and Response Centre.