

# Travel Safety

## Tips for Older Adults

### 1 Get Travel Insurance

Make sure you get travel insurance that includes health, life and disability coverage. This will help you avoid large expenses, such as the cost of hospitalization and medical treatment outside Canada.

### 2 Check Your Health Insurance

If you have health insurance, check to see if it covers you while traveling. If not, consider purchasing additional health insurance for your trip. For more information, visit [Receiving medical care outside Canada](#) and [Well on Your Way - A Canadian's Guide to Healthy Travel Abroad](#).

### 3 Get Vaccinations

Depending on your destination, you may need to get vaccinations or other preventative measures, such as malaria medication. Check with your doctor or a travel health clinic before you travel.

### 4 Pack Light

Avoid carrying heavy luggage, as it can be difficult to manage while traveling. Consider packing only what you need and leaving unnecessary items behind.

### 5 Travelling with Medications

In some countries, drugs that are legal and readily available in Canada, may be considered illegal, require a prescription, or may arouse suspicions among local officials and customs and immigration authorities.

### 6 Stay Active & Connected

Keep yourself active while on vacation by taking walks, swimming, or other physical activities. This will help you stay energized and healthy. Keep in touch with your family and friends while traveling.

