



## GREEN MOUNTAIN FINANCIAL SERVICES INC.

Travel preparation | A practical take-away checklist

# Travel Insurance: Before You Go

Prepare your coverage questions before departure. Print this checklist, keep your emergency details handy and share a copy with a trusted contact at home.

Name: \_\_\_\_\_

Departure date: \_\_\_\_\_

- ☐ **Confirm trip details.**  
Check every destination, departure and return dates, and the maximum trip length covered by your policy.
- ☐ **Review existing coverage.**  
Check employer, credit-card and individual policies. Identify limits, eligibility requirements and possible gaps.
- ☐ **Clarify medical conditions.**  
Answer medical questions accurately. Ask about stability requirements, medication changes and pending tests. Request written clarification when unsure.
- ☐ **Read the policy conditions.**  
Review deductibles, exclusions, activities, travel advisories and emergency evacuation coverage.
- ☐ **Check cancellation and interruption coverage.**  
Confirm whether these are included, which reasons are covered and the reimbursement limits. Medical coverage alone does not answer these questions.
- ☐ **Save emergency instructions.**  
Carry your policy number and assistance contact. Ask when you must call the insurer and whether treatment requires authorization.
- ☐ **Recheck before departure.**  
Tell the insurer about relevant health or itinerary changes. Confirm extension procedures if your return date might change.

## Keep these details handy

Insurer / policy number: \_\_\_\_\_

Emergency assistance number: \_\_\_\_\_

## Questions to resolve before departure

**Bring:** Travel dates, destinations, existing coverage details and questions about medical information or policy conditions.

**Read the guide**

**Watch the video**

**Book a Clarity Call**

gmfsi.ca | mshukla@gmfsi.ca | 905-921-9962

General education. Coverage depends on your policy terms, eligibility and accurate information. This checklist does not confirm coverage or guarantee a claim payment. Ask your insurer to clarify requirements.

Further reading: Travel.gc.ca - Trip interruption and travel health insurance. Reviewed October 2026.