

TOP 10 TRAVEL TIPS FOR 2007 FROM RBC INSURANCE

MISSISSAUGA, February 27, 2007 — Whether you're planning to ski in Whistler or cruise the Caribbean, having fun on your next vacation is a top priority. Here are a few tips from RBC Insurance to help you stay safe and healthy during your trip.

1. If you are vacationing outside of Canada, make sure your passport is current and you have your tickets, documents and identification with you when you arrive at the airport. Many countries will not permit entry if your passport will expire several months beyond your date of arrival, so make sure you obtain a new passport before leaving home if there is any possibility that your passport will expire while you travel. Also, don't forget that, as of January 23, 2007, Canadians need a passport when flying to the United States. For crossing the Canada-U.S. border by land and sea, Canadians can continue to use their birth certificates and driver's licence.
2. Don't leave your province or territory of residence without medical insurance, as you may not have as much coverage as you think. Medical treatment can be very expensive – even if you are travelling within Canada – and your government health insurance plan usually covers only a limited part of these costs. Make sure to carry proof of travel insurance with you, along with the travel insurance company's name and phone number. Leave a copy of this information at home with family or friends, as well.
3. Travel arrangements are often non-refundable so don't risk losing your entire travel investment should something unexpected happen. Purchasing cancellation and interruption insurance can help protect your investment in case you have to cancel your trip, come home early, or stay longer at your destination.
4. Increased security at airports has led to longer waiting times for travellers. Go early to give yourself plenty of time to make your flight. Don't leave your luggage unattended in public areas and don't accept packages from strangers.
5. Keep credit cards, travellers' cheques, passports and other identification in different places. Make two copies of the identification page of your passport. Carry one copy with you, separate from your passport, and leave one with family or friends at home. You can also e-mail yourself this information so that if you do lose your documents you can log into your e-mail and get the relevant information.
6. Use pockets or purses only for items you will need frequently. Otherwise, use a money belt or take advantage of hotel safety deposit boxes to store important documents and additional cash, so if your wallet or purse is lost or stolen, you won't be left without identification or money. If you lose your passport, immediately call the nearest embassy or consulate and contact the local authorities.

7. Make sure you're up to date on all your immunizations. Contact your doctor or a travel medicine clinic well in advance of your trip to see if you need any specific medication or immunizations. Health Canada provides a list of travel clinics across Canada at http://www.phac-aspc.gc.ca/tmp-pmv/travel/clinic_e.html.
8. Check to see if any travel advisories or warnings have been issued for your destination. This information can be obtained from the Department of Foreign Affairs and International Trade at 1-800-267-8376 or www.dfait-maeci.gc.ca.
9. Eat fruits and vegetables that have been freshly peeled or cooked and other foods that have been well cooked. Drink bottled beverages, or hot beverages such as coffee or tea, and avoid ice that isn't made with purified water. Don't underestimate the importance of good personal hygiene – wash your hands frequently and thoroughly.
10. Tell your neighbours you're going on vacation. It helps if they can pick up your mail, park a car in your driveway and even shovel snow. Just don't forget to return the favour when it's time for their vacation!

About RBC Insurance

RBC Insurance, through its operating entities, including RBC Travel Insurance Company, Assured Assistance Inc. and The Liberty Marketing Corporation, provides a wide range of creditor, life, health, travel, home, auto and reinsurance products to more than five million North American clients. RBC Insurance is the leading provider of travel insurance and emergency assistance services in Canada and has also expanded into the U.S. travel insurance market. Its travel insurance operations draw on more than 40 years of professional experience and provide a wide range of products and services through a network of over 4,000 travel agencies, as well as over the Internet and through bank channels, to more than three million individual and corporate customers annually. For more information, please visit www.rbcinsurance.com.

To find out more about travel insurance, please contact your travel insurance professional.

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