












Canada - Low



Canada Country Map

-  POLITICAL
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Last Published: 13 January 2026

COUNTRY OVERVIEW

EXECUTIVE SUMMARY

Canada is a stable democracy and one of the largest economies in the world. It is generally considered to be a very safe country, however, routine levels of security awareness should be maintained.

The greatest risks to travellers are likely to be environmental. Much of the country is made up of vast stretches of wilderness that experience extremely low temperatures in winter. Snowstorms, wildfires, avalanches, tornadoes and dangerous wildlife are potential environmental threats.

Crime levels are comparatively low compared to other countries, yet the threat of criminal activity is still present, especially in urban areas and tourist spots. There have also been terrorist incidents in recent years, so vigilance should be maintained, especially in areas of political significance.

CULTURAL INFORMATION

Cultural Tips

- Social customs in Canada are generally the same as those in the United States and Western European countries.
- Canada is officially a bilingual country in which English and French are both official languages. This stems from the diverse ethnic backgrounds of Canadian citizens. Citizens of British and French ancestry are proud of their heritage. Most Canadian provinces are English-speaking; however, signs may also contain French.
- Quebec is a French-speaking province. All forms of signage are in French with minimal English displayed. Business is also conducted in French.
- Tips for restaurants, taxis and hairdressers are approximately 15 percent, or higher if service is exceptional. Smoking is not permitted in public areas.
- Homosexuality and same-sex marriage are legal in Canada.
- There are no specific security threats to LGBTQ travellers in Canada.

KEY FACTS	
CAPITAL	Ottawa
CAPITAL CITY PHONE CODE	613
COUNTRY PHONE CODE	1

KEY FACTS

CURRENCY	Canadian Dollar
ELECTRICITY	120 V, 60 Hz
GMT	-3.5 to -8
LANGUAGES	English/French
LEADERSHIP	Head of Government: Prime Minister Mark Carney; Head of State: King Charles III; Governor General: Julie Payette
OFFICE WORK WEEK	Monday - Friday
OFFICIAL COUNTRY NAME	Canada
PLUG STYLES	Types A, B
RELIGION	Christian 53.3%, Muslim 4.9%, Hindu 2.3%, Sikh 2.1%, Buddhist 1%, Jewish 0.9%
TIME ZONE OFFSET	Six time zones (Ottawa: UTC -5, DST Observed)
TYPE OF GOVERNMENT	Federal parliamentary democracy under constitutional monarchy; Commonwealth realm

RISK SUMMARY

Political - Low

Canada has a stable and functioning parliamentary democracy. Currently, the country is ruled by a Liberal administration led by Prime Minister Justin Trudeau. In January 2025, Trudeau pledged to resign after his party selects a replacement. In March 2025, Mark Carney of the Liberal Party of Canada was officially sworn in as Canada's Prime Minister. The leader of the opposition is currently Pierre Poilievre of the Conservative Party.

There have been independence movements from the majority French-speaking region of Quebec in the past, which culminated in an unofficial independence referendum in 1995 with the result being just over 1 per cent majority in favour of remaining a part of Canada.

Armed Conflict - Low

Canada and the US share the world's longest land border. With the US as Canada's only large neighbour, the threat of armed conflict in Canada is negligible. While Canada has its own military forces and defence infrastructure, it does collaborate closely with the United States on defence matters, leveraging the strengths of both nations to address common security challenges.

Canada is a member of NATO and contributes forces to joint operations across the globe.

Terrorism - Low

The Canadian government currently considers the country to be at a 'Medium' level of threat for terrorism. The threat of terrorism in Canada is comparable to other developed countries, so situational awareness should be maintained.

As in the neighbouring US, the main threat of terrorism in Canada is posed by self-radicalised lone actors, particularly those espousing Islamist or far-right and white supremacist ideologies. As Canada is an Anglophone country, the spread of extremist material targeted at US audiences on social media can easily find reception in Canada.

Attacks could be indiscriminate, including in places visited by foreigners. You should remain aware of your surroundings, keep up to date with local media reports and follow the advice of local authorities.

Crime - Low

In Canada, crime manifests across various categories, including petty crime, violent crime, and organised crime, each presenting distinct challenges for law enforcement and communities. Petty crime, encompassing offences like theft, vandalism, and minor assaults, remains a prevalent issue, particularly in urban centres. Statistics Canada reports that property crime rates have fluctuated in recent years, with notable declines in some areas but persistent challenges in others. For instance, in 2022, approximately 1.5 million incidents of property crime were reported across the country, with theft being the most common offence. However, advancements in security technology and community policing initiatives have contributed to efforts to combat petty crime in many regions.

Violent crime represents another significant concern in Canada, albeit with varying trends across provinces and territories. While overall homicide rates have generally decreased in recent years, specific types of violent offences, such as domestic violence and assaults, continue to pose challenges. According to Statistics Canada, in 2022, there were approximately 874 reported homicides nationwide, with firearms being involved in a significant portion of these cases. This was a significant increase from previous years and has been continually growing. Furthermore, gang-related violence remains a focal point for law enforcement efforts in certain urban areas, contributing to concerns about public safety and community well-being.

Organised crime presents a complex and evolving threat landscape in Canada, encompassing activities ranging from drug trafficking and money laundering to human trafficking and cybercrime. Criminal organisations operate both domesti-

cally and internationally, exploiting vulnerabilities in various sectors and communities. The Royal Canadian Mounted Police (RCMP) estimates that organised crime costs the Canadian economy billions of dollars annually. Efforts to combat organised crime involve coordinated responses from law enforcement agencies at the federal, provincial, and municipal levels, as well as collaboration with international partners. Legislative measures, intelligence-led operations, and community engagement initiatives are integral components of strategies aimed at disrupting organised criminal networks and reducing their impact on Canadian society.

Gun crime is an issue in some urban areas despite strict gun laws, although it is much less of a problem than in the US. This is demonstrated in the differing homicide rates; Canada's rate is 1.56 per 100,000 people, whereas the rate for the US is 4.9.

Recreational cannabis is legally available in Canada. Local laws vary depending on the province or territory you are visiting.

Civil Unrest - Low

Protests are common. These are mostly peaceful but can become violent with little warning. Protesters often stage road blockades, causing protracted transport disruptions.

In early 2022, Canada experienced a wave of protests against COVID-19 vaccination mandates. The initial protests took the form of a 'Freedom Convoy', led by truck and van drivers. These demonstrations later escalated and attracted the support of opponents of the incumbent Liberal government of Prime Minister Justin Trudeau more generally.

Major Canadian cities such as Ottawa continue to be impacted by the demonstrations, as well as key border crossings along the US-Canada border. The demonstrations have prompted Prime Minister Justin Trudeau to invoke the Emergencies Act for the first time in Canadian history, placing temporary restrictions on the legal right of assembly in Canada. Though many of these protests have been largely peaceful, some clashes have been documented and Canadian police do make large numbers of arrests.

Maritime and Piracy - Low

Canada has a low risk of piracy or robbery at sea within its territorial waters due to robust maritime security measures and close monitoring by the Canadian Coast Guard (CCG). However, vessels in nearby international waters, particularly along the Atlantic and Pacific coasts, may face navigation hazards. The country strictly enforces anti-piracy laws under the United Nations Convention on the Law of the Sea (UNCLOS), ensuring safety within its 12-nautical-mile territorial waters, while the larger exclusive economic zone (EEZ) is patrolled for suspicious activity.

Canada's geographical position brings unique challenges to maritime operations, especially in the Arctic, where sea ice and extreme weather can pose significant risks. The narrow Strait of Belle Isle and the Saint Lawrence Seaway are other potential hotspots for difficult navigation, particularly during foggy conditions or in ice-prone waters. Additionally, maritime traffic is high in these areas, making vessel manoeuvring more complicated. Shallow and uncharted waters in the Arctic Archipelago also present risks to shipping operations during the summer months when the ice recedes.

Canada's major ports, including Vancouver, Halifax, and Montreal, are highly secure and compliant with the International Ship and Port Facility Security (ISPS) Code. However, the proximity of military operations near Canadian waters, particularly joint training exercises with NATO allies, can sometimes lead to restricted navigation zones. Notices to Mariners (NTMs) are frequently issued to ensure ships avoid sensitive areas, especially in regions like the Northwest Passage, which is seeing increased interest due to climate change and potential future commercial shipping routes.

There are multiple Traffic Separation Schemes (TSSs) in Canadian waters. Vessels must observe certain rules, like entering or exiting at specific points, when approaching TSSs. TSSs in Canada include approaches to Halifax Harbour, Chedabucto Bay, the Gulf of Saint Lawrence and Saint Lawrence River, St. George's Bay, Placentia Bay on the Atlantic coast; on the Pacific coast, TSSs include the Strait of Juan de Fuca (border with the US), Puget Sound, Vancouver Harbour.

In case of emergency at sea, use VHF Channel 16.

Health - Low

Medical care in Canada is of an excellent standard. Canada has a universal health care system, however, it can be difficult to access for non-Canadians. As such, medical care can end up being expensive, so comprehensive travel insurance should be purchased before travel.

Mosquitoes are common in rural areas between May and September but mosquito-borne diseases are rare. Nevertheless, preventive measures such as the use of DEET spray and mosquito nets may be appropriate.

Environmental - Moderate

Environmental risks are likely to be the primary threat faced by travellers in Canada. Several out-of-control wildfires have burned across Canada during the 2025 wildfire season, in which approximately 7.3 million hectares have been burned and tens of thousands of people have been evacuated. The most affected provinces are Saskatchewan and Manitoba.

During the winter, highways may be closed in many provinces because of snowstorms and avalanches. Avalanches can occur in mountainous regions, especially in Alberta and British Columbia. Always comply with avalanche advisories and stay away from closed trails.

Summer thunderstorms are fairly frequent across Canada. A small number of these intensify to cause property damage and threaten lives, whilst intense periods of rainfall can also cause localised flooding and disrupt travel in remote rural regions. Most tornadoes occur in June and July and although their season extends from April to September, they can occur at any time of year. They frequently develop in the mid-afternoon to early evening.

British Columbia and Yukon are located in an active earthquake zone with the coast of British Columbia being most at risk from major earthquakes. Parts of the British Columbia coastline are also at risk from tsunamis.

Local states of emergency can be declared after particularly extreme weather events, which provide additional resources and powers to local authorities.

Always comply with any decrees or regulations issued under the state of emergency.

Transportation - Low

As the world's second-largest country, getting around Canada can be time-consuming. The fastest and most convenient way is by air. Toronto Pearson International Airport (YYZ) is the country's busiest airport, followed by Vancouver International Airport (YVR), Montreal-Pierre Elliott Trudeau International Airport (YUL) and then Calgary International Airport (YYC). These, along with four other international airports (Edmonton, Halifax, Ottawa and Winnipeg), offer pre-clearance checkpoints run by the U.S. government, allowing for faster re-entry into the United States.

Flights to remote areas of the country will likely be via smaller regional airlines, and fares can be pricey due to the monopoly some of these small carriers have on their destinations. When booking flights, reservations made well in advance, along with being flexible with dates and times, can help decrease costs.

Road travel in Canada is considered safe, and the country has modern infrastructure, apart from some more rural areas prone to extreme weather. Winter driving conditions can be dangerous, so attention should be paid to the weather. Monitor local news and weather broadcasts and take advice before driving in winter. Snow tyres are required in some provinces.

Licensed taxis can be hailed when on the street or hired from a taxi rank. There are multiple ride-sharing apps such as Uber or Lyft which offer taxis for a more reasonable price.

Buses are the most common form of public transportation. Long-distance buses can be a cheaper way of conducting long-distance travel and most major towns and cities will have a bus terminal.

VIA Rail operates most of Canada's intercity and transcontinental passenger trains with over 14,000km of track. In some remote parts of the country, such as Churchill, Manitoba, trains provide the only overland access.

Montreal, Toronto and Vancouver all have metro systems that allow cheap and regular transport.

EMERGENCY DETAILS

AMBULANCE, FIRE AND POLICE: 911 FOR FURTHER ASSISTANCE, TRAINING, OR ADVICE, PLEASE CONTACT THE SOLACE GLOBAL RISK OPERATIONS CENTRE ON +44 (0) 1202 795 801 OR VIA SGR@SOLACEGLOBAL.COM

POLICE NUMBER	911
AMBULANCE NUMBER	911
FIRE NUMBER	911
EMERGENCY DETAILS	

TRAVEL

TRAVEL ADVICE

Travellers from most countries may enter Canada visa-free, provided they obtain an Electronic Travel Authorisation (eTA) prior to boarding their flight. However, travellers will not need an eTA if entering by land or sea.

Homosexuality is legal in Canada, and extensive protections for LGBTQ individuals have been enshrined in law. Instances of public harassment and discrimination directed towards LGBTQ+ travellers are minimal and, when they do occur, can be reported to the authorities.

SIGNIFICANT DATES

FEBRUARY 14, 2026

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- **Valentine's Day:** Canada - Observance

FEBRUARY 15, 2026

- **National Flag of Canada Day:** Canada - Observance

FEBRUARY 16, 2026

- **Islander Day:** Canada - Prince Edward Island - Local holiday
- **Nova Scotia Heritage Day:** Canada - Nova Scotia - Local holiday
- **Family Day:** Canada - British Columbia - Local holiday
- **Louis Riel Day:** Canada - Manitoba - Local holiday

FEBRUARY 18, 2026

- **Ash Wednesday:** Canada - Christian

FEBRUARY 20, 2026

- **Yukon Heritage Day:** Canada - Yukon - Local holiday

MARCH 01, 2026

- **St David's Day:** Canada - Observance

MARCH 03, 2026

- **Purim:** Canada - Hebrew

SIGNIFICANT DATES

MARCH 08, 2026

- **Daylight Saving Time starts:** Canada - Clock change

MARCH 09, 2026

- **Commonwealth Day:** Canada - Observance

MARCH 15, 2026

- **Laylatul Qadr (Night of Power):** Canada - Muslim

MARCH 16, 2026

- **St. Patrick's Day:** Canada - Observance

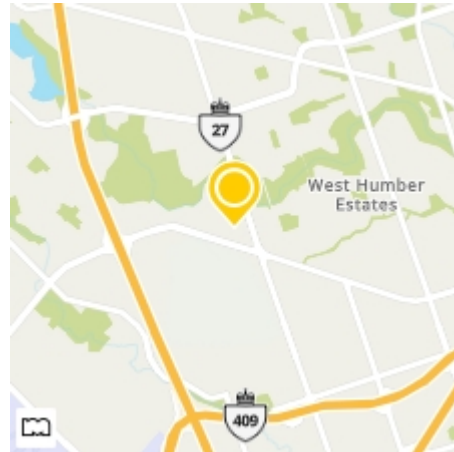
MARCH 20, 2026

- **March Equinox:** Canada - Seasonal

RECENT ALERTS

HEIGHTENED POLICE PRESENCE AT WOODBINE SHOPPING CENTRE PLAZA FOLLOWING SHOOTING

RECENT ALERTS



Category: Caution - **Risk:** Moderate



07-Feb-2026 21:12

Toronto Police Operations has reported that they are attending to the Woodbine Shopping Centre Plaza following reports of a shooting. There is one injury as a result; however, the perpetrator has fled the scene by car. Further investigation continues with a heightened police presence expected.

ANTI-ICE PROTEST EXPECTED IN VANCOUVER ON 30 JANUARY AT 1500 LOCAL TIME



Category: Civil Unrest - **Risk:** Low

RECENT ALERTS



30-Jan-2026 04:24

Local media have reported an anti-Immigration and Customs Enforcement (ICE) protest outside the Hootsuite's offices near 5th Avenue and Quebec Street at 1500 local time. The protests are in regard to Hootsuite's contract tied to the U.S. immigration enforcement. The protest is organised by Democracy Uprising and participants of between 200 and 500 people are expected to attend Friday's demonstration.

SNOW WARNING FOR STORM NEAR KINGSTON



Category: Environmental - **Risk:** Moderate



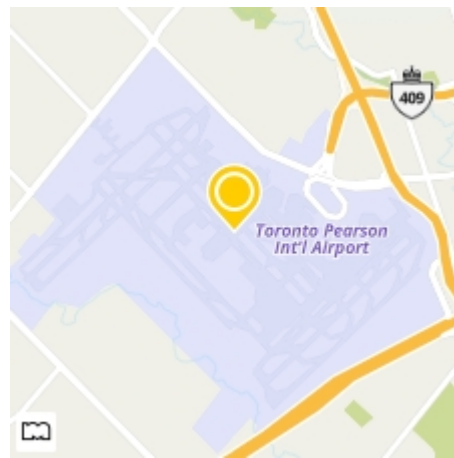
27-Jan-2026 06:25

Local media sources report that a snow warning has been issued for a storm near Kingston, including Highway 401. Ground sources forecast around five to ten centimetres to fall in the affected area and further state that there is significantly reduced visibility due to the heavy snow. The warning has been issued in the early morning through to this afternoon local time, 27 January; however,

RECENT ALERTS

specific times are unclear. Westerly winds are gusting near 50 kilometres per hour. Further information remains limited.

SEVERAL FLIGHTS TO AND FROM TORONTO PEARSON INTERNATIONAL AIRPORT (YYZ) CANCELLED DUE TO WINTER CONDITIONS



Category: Travel Information - **Risk:** Moderate

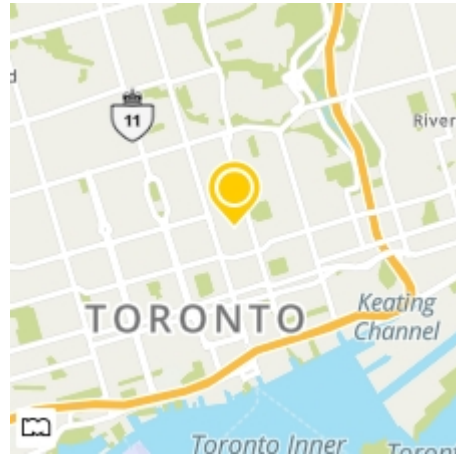


25-Jan-2026 20:08

According to local media sources, at least 60% of flights to and from Toronto Pearson International Airport (YYZ) have been cancelled due to winter conditions. Further information remains limited. We will continue to monitor the situation and update accordingly.

ROAD CLOSURES FOLLOWING CAR ACCIDENT WITH AT LEAST FOUR INJURIES IN CENTRAL TORONTO

RECENT ALERTS



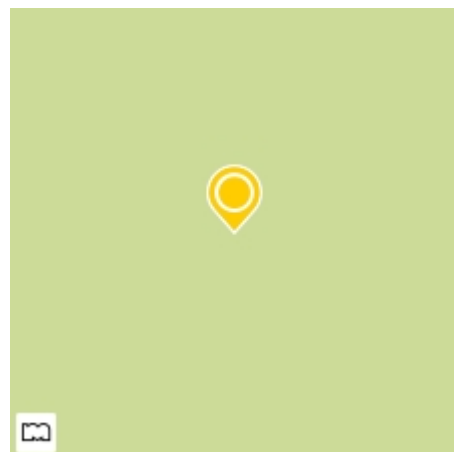
Category: Caution - **Risk:** Moderate



22-Jan-2026 23:50

The Toronto Police Operations have reported road closures of Gerrard St E & Church St following a car collision involving pedestrians in central Toronto. At least four pedestrians have been injured as a result. The incident occurred around 1740 local time and it is currently unclear what the exact nature of the incident. A heightened emergency service personnel are expected in the area.

ALASKA - MAGNITUDE 5.7 EARTHQUAKE RECORDED NORTH OF YAKUTAT



RECENT ALERTS

Category: Environmental - **Risk:** Moderate

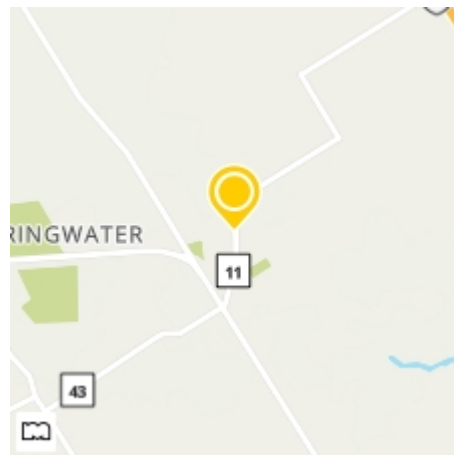


01-Jan-2026 07:07

The United States Geological Survey (USGS) has detected a magnitude 5.7 earthquake 105 kilometres north of Yakutat. The tremor occurred at 06:46 UTC at a depth of 9.0 kilometres. No casualties or damages have been reported.

Aftershocks remain possible.

SEVERE WEATHER ADVISORY ISSUED FOR PARTS OF ONTARIO



Category: Environmental - **Risk:** Moderate



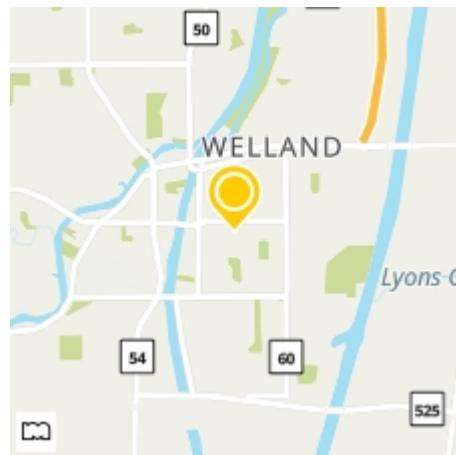
30-Dec-2025 01:40

Ontario Provincial Police have issued a severe weather advisory for parts of Ontario, including Clearview, Springwater and Wasaga Beach. Authorities have urged people to stay off the roads due to dangerous road conditions as a result of a severe storm. Authorities have reported that the storm has resulted in multi-

RECENT ALERTS

ple collisions, low visibility, power outages and stranded vehicles in the area.
Further information remains limited at this time.

LARGE POLICE PRESENCE REPORTED IN WELLEND, ONTARIO FOLLOWING ACTIVE SHOOTING INCIDENT



Category: Caution - **Risk:** Moderate

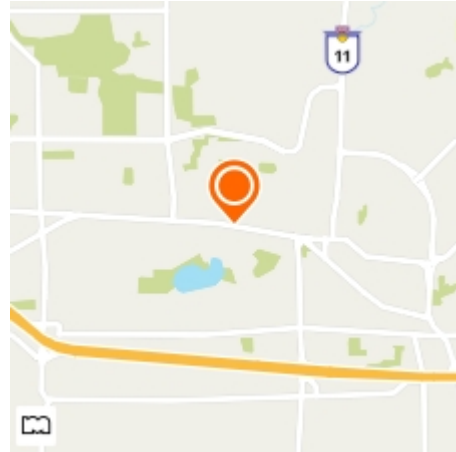


19-Dec-2025 14:41

Local media have reported that there is a large police presence following reports of an active shooting in Wellend, Ontario. Plymouth Public School is on lockdown as the situation develops however it is unclear if the school has been targeted. Preliminary reports suggest a police officer has been injured as a result. We will continue to monitor the situation and provide updates if necessary.

HEAVY FLOODING REPORTED IN ABBOTSFORD, BRITISH COLUMBIA DUE TO RIVER OVERFLOW

RECENT ALERTS



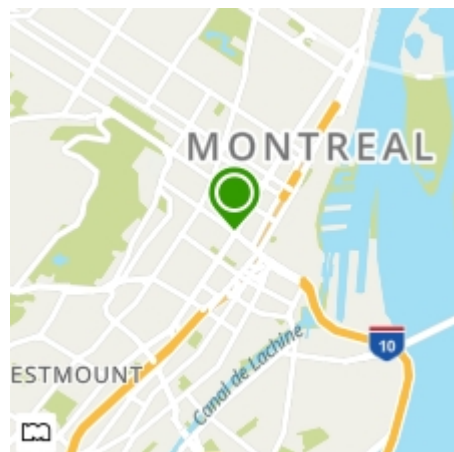
Category: Environmental - **Risk:** High



13-Dec-2025 01:31

Local media have reported that heavy flooding is ongoing in Abbotsford in the Fraser Valley of British Columbia due to river overflow. The Nooksack River has been overflowing in Washington state, United States, due to the torrential rainfall that has been ongoing in the vicinity. Evacuations are ongoing with several hundred households said to be affected. River levels are expected to peak on 13 November with rainfall forecasts still expected over the weeked.

BUS STRIKE ONGOING IN MONTREAL UNTIL AT LEAST 11 JANUARY



RECENT ALERTS

Category: Travel Information - **Risk:** Low



13-Dec-2025 00:42

Local media have reported that a bus strike is ongoing in Montreal that began on 11 December until at least 11 January over a dispute with the city's transit agency over overtime work during the holiday season. At least 2,400 maintenance workers are participating in the strike, which is the fourth time in 2025 for a strike to occur. It is unclear if the strike will go ahead for the whole period; however, we will update if changes are made.

FCDO SUMMARY

Last updated: 12/10/2025 13:16:52

Warnings and insurance

World Cup 2026

Canada is co-hosting the 2026 World Cup which takes place between 11 June and 19 July .

If you are planning to travel to Canada during these times, see the [World Cup page](#) for more information.

Before you travel

No travel can be guaranteed safe. Read all the advice in this guide. You may also find it helpful to:

- see [general advice for women travellers](#)
- read our [guide on disability and travel abroad](#)
- see [general advice for LGBT+ travellers](#)
- read about [safety for solo and independent travel](#)
- see [advice on volunteering and adventure travel abroad](#)

Travel insurance

If you choose to travel, research your destinations and [get appropriate travel insurance](#). Insurance should cover your itinerary, planned activities and expenses in an emergency.

About FCDO travel advice

The Foreign, Commonwealth & Development Office (FCDO) provides advice about risks of travel to help you make informed decisions. Find out [more about FCDO travel advice](#).

Get travel advice updates

Sign up to [get email notifications](#) when this travel advice is updated.

Follow FCDO:

- [travel advice on X](#)
- [travel advice on Facebook](#)
- [Travel Aware on Instagram](#)

Entry requirements

This information is for people travelling on a full [‘British citizen’ passport](#) from the UK. It is based on the UK government’s understanding of Canada’s current rules for the most common types of travel.

The authorities in Canada set and enforce entry rules. If you’re not sure how these requirements apply to you, contact the [Canadian High Commission in the UK](#).

Passport validity requirements

To enter Canada, your passport must be valid for the length of your planned stay.

If you’re travelling through another country on your way to or from Canada, check the entry requirements for that country. Many countries will only allow entry if you have at least 6 months validity remaining on your passport.

Dual nationals

When returning to the UK, British citizens must carry a valid [British passport](#) or [certificate of entitlement](#). See [Dual Citizenship](#).

Visa requirements

To enter or transit through Canada, most people need a visa or an Electronic Travel Authorization ([eTA](#)) – not both.

[Check if you need a visa or an eTA online](#).

You do not need a visa for short visits (normally up to 6 months). You may need an [eTA](#) instead.

You do not need an [eTA](#), if you are:

- arriving by land and sea – you must have [acceptable travel documents and ID](#)
- a British-Canadian dual national – you must have a valid Canadian passport

See [Canada's entry requirements](#) for full details of [eTA](#) and visa requirements.

Contact the [Canadian High Commission in the UK](#) if you are unsure about visa requirements or your eligibility to enter the country, for example, if you have a criminal record or have been arrested.

Checks at border control

Canadian border officials may ask you to show a return or onward ticket and proof that you have sufficient funds to support yourself for the duration of your stay, even if you are staying with family or friends.

Visas for permanent residence, study or work

See information on [visas for permanent residence, study or work in Canada](#).

Transiting through Canada

If you are travelling through Canada (transiting) by air, you must have an [eTA](#) or a transit visa.

If you have questions, contact:

- your airline
- [Immigration, Refugees and Citizenship Canada](#)
- your nearest Canadian high commission, embassy or consulate

[Find out more about transiting Canada.](#)

Visa and [eTA](#) scams

Some unauthorised websites charge for submitting visa applications. These websites are not associated with the Canadian government.

You can [check your \[eTA\]\(#\) status online with the Canadian government](#). If it has been 72 hours since you applied, and you have not received confirmation of your application, [complete an enquiry form](#).

Travelling with children

If a child travels alone or with only one parent or legal guardian, they should carry a letter of consent from the non-travelling parents or guardians. Immigration officers have the right to question children using simple and appropriate language to see if there are any concerns about child abduction.

For more information, check with the [Canadian High Commission in the UK](#) or the [Canada Border Services Agency](#).

Vaccine requirements

For details about medical entry requirements and recommended vaccinations, see [TravelHealthPro's Canada guide](#).

Customs rules

There are strict rules about [goods you can take into or out of Canada](#). You must declare anything that may be prohibited or subject to tax or duty.

The Canadian authorities will confiscate banned food products and you could get a fine. For more information, see [importing food, plants or animals to Canada](#).

If you visit a farm or have contact with wild animals before entering Canada, and plan to visit a farm during your stay, you must declare this on your Customs Declaration Card. For more information, see [biosecurity at the Canadian border](#).

Safety and security

Terrorism

There is a high threat of terrorist attack globally affecting UK interests and British nationals, including from groups and individuals who view the UK and British nationals as targets. Stay aware of your surroundings at all times.

UK Counter Terrorism Policing has information and advice on [staying safe abroad](#) and what to do in the event of a terrorist attack. Find out [how to reduce your risk from terrorism while abroad](#).

Terrorism in Canada

Terrorists are likely to try to carry out attacks in Canada.

Attacks could be indiscriminate, including in places visited by foreign nationals. You should remain aware of your surroundings, keep up to date with local media reports and follow the advice of local authorities.

Recent attacks include:

- in 2023, one person stabbed and injured in Surrey, British Columbia
- in 2021, 4 people killed and one injured by a vehicle in London, Ontario

See the [Canadian government's national terrorism threat level](#).

Crime

Take precautions to protect yourself from petty crime, including:

- not leaving your bag or luggage unattended
- keeping luggage out of sight in cars
- keeping valuables and passport in a safe location
- leaving copies of important documents with family and friends in the UK
- carrying a copy of your passport for ID

Laws and cultural differences

Illegal drugs and cannabis

Illegal drugs carry severe penalties. You should expect a long jail sentence and heavy fines for possessing, using or smuggling illegal drugs, including when transiting through the airport.

Recreational cannabis is legally available in Canada. [Laws vary depending on the province or territory you are visiting](#). It is illegal to take cannabis across the Canadian border without a permit or exemption authorised by Health Canada. Those who attempt to take cannabis out of Canada without the relevant permit face arrest.

Airports in Canada have excellent technology and security for detecting illegal items, including cannabis. This is also used to scan the baggage of transiting passengers.

See the [Canadian Border Services Agency](#) website for more information.

Wildlife

If you are hiking or camping, be considerate and cautious of local wildlife. You should:

- take all rubbish with you including food items to avoid attracting animals to your site
- be careful around animals with nearby young or nests – they may be aggressive when protecting their territory
- research the region to learn about the local wildlife
- take particular care if you're in an area where bears have been sighted
- keep a safe distance from any wildlife including marine animals and birds
- follow park regulations

Outdoor activities and adventure tourism

See advice on [visitor safety](#) when planning outdoor activities and adventure tourism in Canada, and on [preparing for winter sports abroad](#).

Transport risks

Road travel

If you are planning to drive in Canada, see [information on driving abroad](#).

See [driving in Canada](#) for information on traffic and safety laws. Laws vary between provinces and territories, including:

- whether you are allowed to turn right on a red light
- driving licence requirements – you may need to get an [international driving permit \(IDP\)](#)

Take extra care when travelling on country roads and watch out for wild animals. For more information on road conditions and road safety, see [Transport Canada](#), the [Canadian Automobile Association](#) and [Travel Canada](#).

Hire car companies often have stricter requirements for their customers, such as a year of driving experience, a higher minimum age and holding an IDP.

Driving in winter

In winter, highways are often closed because of snowstorms and avalanches in Alberta, British Columbia and other provinces. Check local weather conditions on [The Weather Network](#).

Driving conditions can be dangerous, even when roads remain open during a winter storm. Take care, follow local restrictions or guidelines and make sure your vehicle has snow tyres and emergency supplies. See [winter driving advice](#), including vehicle preparation and using winter tyres.

Extreme weather and natural disasters

Find out what you can do to prepare for and respond to [extreme weather and natural hazards](#).

Hurricanes

From July to November, hurricanes can affect coastal areas. Check the [US National Hurricane Center](#), [Environment Canada](#) and [The Weather Network](#) websites for the latest weather conditions.

Avalanches

Avalanches can happen in mountainous regions, including Alberta and British Columbia. Always follow avalanche advice and stay away from closed trails. Follow the directions of local guides or instructors. For more information and avalanche news, see the [Canadian Avalanche Foundation](#) website.

Earthquakes and tsunamis

Familiarise yourself with safety procedures in the event of an earthquake or tsunami. The Canadian government has [information about emergency preparedness](#).

Thunderstorms

Summer thunderstorms are frequent in most parts of Canada, particularly between April and September. They can damage property and threaten lives.

Winter storms

Winter storms, including freezing rain, blizzards and hail, are frequent in many parts of Canada, particularly from November to April. They can make driving conditions dangerous, damage property and threaten lives. Follow local warnings or news for details.

Tornadoes

Tornadoes can happen anywhere in Canada from May to September, but June to July is the peak season in:

- southern Ontario
- Alberta
- south-eastern Quebec
- southern Saskatchewan and Manitoba through to Thunder Bay
- the interior of British Columbia and western New Brunswick

Follow instructions from Canadian officials or law enforcement. Check the [US National Hurricane Center](#) for weather updates.

Wildfires

Wildfires can start at any time, whatever the season, although there is particular risk of fire in the grasslands and forests of western Canada, as well as in forested areas of Quebec, Ontario and Nova Scotia, during the summer months.

You should follow local warnings or news for details on the latest outbreaks. The Canadian Wildland Fire Information System shows [active wildfires and forecasts](#). You can also monitor wildfire smoke and air quality on [the Government of Canada's website](#).

Arctic travel

Parts of Canada are in the Arctic Circle, including some very remote areas of land and sea. Emergency medical assistance and search and rescue are limited in these areas. See [Arctic travel safety advice](#).

World Cup 2026

The FIFA World Cup takes place in Canada, Mexico and the US from 11 June to 19 July 2026. If you are travelling to attend:

- sign up to get [email updates](#) on travel advice for Canada
- download the official FIFA World Cup 26 app (on [iOS](#) and on [Android](#)), and check the official World Cup 2026 website to stay informed of anything that might affect your travel or plans whilst in Canada
- entry requirements, and local laws and customs, will likely be different for each of the countries co-hosting the tournament. If you are planning to visit or transit through more than one country, check the [Travel Advice page](#) for each country

In Canada, matches will be hosted in Toronto, Ontario and Vancouver, British Columbia. Expect other cities and popular tourist destinations across Canada to be busier than usual during the tournament.

Visa and entry requirements

Check the [entry requirements](#) for Canada, especially information on passport validity, visa requirements and applying for an Electronic Travel Authorization (eTA).

See the [Government of Canada](#) website for the latest information.

Travel insurance

If you choose to travel, research your destinations and get appropriate travel insurance. Insurance should cover your itinerary, planned activities and expenses in an emergency.

Match tickets and stadium entry

Only purchase tickets through the official FIFA ticketing platform; no tickets will be sold at stadiums. To enter the stadium, you will need an official ticket on the FIFA World Cup app. Printed copies or screenshots may not be accepted at stadium gates. Each ticket is linked to the purchaser's details, and ID checks may be required upon entry.

Tickets sold on unofficial resale websites, social media, or through third-party vendors may not be genuine. Fraudulent tickets can look legitimate but may be

rejected at the stadium gate, leaving you without entry on match day. Some scammers sell the same ticket to multiple buyers or resell tickets that have already been voided by FIFA Ticketing. Even if a ticket scans at the gate, you may be denied entry if it is flagged as invalid or already used. Unofficial sources often inflate prices significantly, especially for high demand matches like play-offs or rivalry matchups, without any guarantee of authenticity.

Ensure you check the stadium's code of conduct for any match you are attending. This sets out what you can bring into the World Cup stadiums.

Check the official [FIFA World Cup 2026 ticketing page](#) for more information.

Accommodation

There will be a very high demand for accommodation. Plan ahead to ensure you have accommodation during your stay.

Transport to and from the events

Transport routes around the stadiums will be very busy during the tournament. Local authorities may ask you to enter or leave the stadium by specific routes. Make sure you:

- plan your journey
- leave plenty of time, particularly on match days

If you're planning to hire a car or use taxis in Canada, check the 'Transport Risks' section on the [Safety and security](#) page for more information

Fan zones and public viewings

There will be a set of Fan Zones and Public Viewing Areas across Canada. There may be restrictions on what you can take into football viewing venues and live viewing areas, and restrictions may vary between provinces.

Check the official [World Cup 2026 website](#) for information about Fan Zones and Public Viewing Areas.

Laws and cultural differences

Canadian provinces and territories may have different laws. Check the 'Laws and cultural differences' section on the [Safety and security page](#).

Drugs and alcohol regulations

The legal drinking age in Canada is 19, with the exception of Alberta, Manitoba and Quebec, where the legal drinking age is 18.

The laws relating to the consumption and purchase of alcohol and drugs can differ between states and countries.

See more advice on the [Safety and security page](#).

LGBT+

Read [advice for LGBT+ travellers](#).

Health

Before you travel, check that:

- your destination can provide the healthcare you may need
- you have [appropriate travel insurance](#) for local treatment or unexpected medical evacuation

This is particularly important if you have a health condition or are pregnant.

Emergency medical number

Dial 911 and ask for an ambulance.

Contact your insurance or medical assistance company quickly if you're referred to a medical facility for treatment.

Vaccine recommendations and health risks

At least 8 weeks before your trip:

- check the latest [vaccine recommendations for Canada](#)
- see where to get vaccines and whether you have to pay on the [NHS travel vaccinations page](#)

See [what health risks you'll face in Canada](#), including:

- biting insects or ticks
- mpox – also see [Canada's Public Health Authority website](#) which includes updates on mpox

Altitude sickness is a risk in parts of Canada, including skiing and hiking destinations in the Canadian Rockies such as Banff and Lake Louise. Read more about [altitude sickness on TravelHealthPro](#).

Medication

The legal status and regulation of some medicines prescribed or bought in the UK can be different in other countries.

TravelHealthPro explains [best practice when travelling with medicines](#).

Healthcare in Canada

Medical treatment can be very expensive. There are no special arrangements for British visitors.

For emergency healthcare, go to a hospital emergency room or a walk-in clinic.

If you have dual British-Canadian citizenship, you may still have to pay for medical treatment if you do not meet provincial residency requirements for healthcare. Check with the relevant [province or territory health ministry](#) for more information.

Travel and mental health

Read [FCDO guidance on travel and mental health](#). There is also [guidance on TravelHealthPro](#).

Getting help

The Foreign, Commonwealth & Development Office ([FCDO](#)) cannot provide tailored advice for individual trips. Read this travel advice and carry out your own research before deciding whether to travel.

Emergency services in Canada

Telephone: 911 (ambulance, fire, police)

Coastguard maritime emergencies

Telephone: 1 800 463 4393

Contact your travel provider and insurer

Contact your travel provider and your insurer if you are involved in a serious incident or emergency abroad. They will tell you if they can help and what you need to do.

Refunds and changes to travel

For refunds or changes to travel, contact your travel provider. You may also be able to make a claim through insurance. However, insurers usually require you to talk to your travel provider first.

Find out more about [changing or cancelling travel plans](#), including:

- where to get advice if you are in a dispute with a provider
- how to access previous versions of travel advice to support a claim

Support from FCDO

FCDO has guidance on staying safe and what to do if you need help or support abroad, including:

- finding [lawyers](#) and [translators and interpreters](#) in Canada
- dealing with a [death in Canada](#)
- being [arrested in Canada](#)
- getting help if you're a [victim of crime](#)
- what to do if you're [in hospital](#)
- if you are [affected by a crisis](#), such as a terrorist attack

Contacting FCDO

Help abroad

See [how to get help from the UK government abroad](#) including in an emergency.

Help in the UK

You can call [ECDO](#) in London if you need urgent help because something has happened to a friend or relative abroad.

Telephone: 020 7008 5000 (24 hours)

[Find out about call charges](#)

Get travel advice updates

Sign up to [get email notifications](#) when this travel advice is updated.

Follow [ECDO](#):

- [travel advice on X](#)
- [travel advice on Facebook](#)

Risk information for British companies

The Overseas Business Risk service offers [information and advice for British companies operating in Canada](#) on how to manage political, economic, and business security-related risks.

PACK SMART

Only pack items you can replace, leave valuables at home. You will be less likely to attract criminals and if threatened, you won't be tempted to put up a fight to save your belongings.



Carry a duplicate wallet with small denomination notes and old cards that you could relinquish if threatened by robbers. Only pack items you can replace, leave valuables at home. You will be less likely to attract criminals and if threatened, you won't be tempted to put up a fight to save your belongings.



Always check the destination restrictions regarding medications when planning your trip.

STAY SAFE: Hotels



Request a hotel room between the third & seventh floor. Ground floor rooms should always be avoided as they are easily accessible from the outside. Higher levels mean in the event of a fire there are many stairs to navigate and in some countries firefighters may not have ladders capable of reaching higher than the seventh floor.



Check your room phone works in case you need to call reception for help.



Know where your fire exits are. Count the number of doors to the fire exit from your room so you can feel your way in the event of a fire and a smoke-filled corridor.



To prevent unauthorised entry into your hotel room, make sure the windows and doors lock. Bolt the deadbolt and use the door wedges you've brought with you from home to wedge the main door closed.

TRAVEL SAFE: Out & About



When you are out and about, be aware of your surroundings - don't display obvious wealth, such as expensive jewellery, watches and mobile phones.



Use ATMs inside banks and shopping centres, where there is greater security and CCTV. Safety in numbers. If you are travelling with colleagues, stay together for meals and trips out. If you are alone, avoid quiet areas and trust your instincts.

Road traffic accidents are still the greatest threat to travel safety.



- Use licensed taxis.
- Always wear a seat belt.
- Keep doors locked & windows up.
- Avoid night-time driving.
- If the driver is using a phone or driving dangerously, insist they slow down/stop using their phone.

Check in regularly. Use the 'Check In' button on the Solace Secure app so your location can be monitored and you can view all intelligence alerts within your vicinity.

SAFE TRAVEL: Health Tips

See a medical travel specialist at least 4 weeks before travel.

Ask about recommended vaccines for specific destinations.

First aid kit with regular & special medication for trip - carry in hand luggage.

Evacuation & travel insurance to cover health emergencies while abroad.



Take an extra month of prescribed medication for pre-existing conditions.
Risk of malaria - take precautions to prevent mosquito bites and take malaria pills as advised.



Avoid drinking alcohol and becoming dehydrated.
Verify & consume safe water and food. Have a supply of medicine for self-treatment of diarrhoea.



Excessive sun exposure should be minimised by the use of sunscreen - sun can be more intense over water, snow and at altitude.
Leave animals alone. Animal bites or scratches can transmit rabies.

THINK SAFE: Know Your Destination

Understand the culture of your destination. Dress and behave so as not to cause offence or draw attention.



Know if the tap water is suitable to drink if not; only accept water from a sealed bottle.
Avoid ice in your drinks & salad washed in tap water.

Research where you are travelling to. Make a note of the local emergency services number. Know the current security and medical threats and advice. See the FCO website for general information (gov.uk/foreign-travel-advice).

DOCUMENT SAFE: Know Your Destination

Take photos/scans of your essential documents and email them to yourself.
You can then access them remotely if your belongings are stolen:

- Passport
- Driver's Licence
- Travel Insurance Document
- Visa
- Medical Certificates

For 24/7 travel risk advice and emergency assistance contact Solace Global
Risk operations: + 44 (0)1202 795 801

The Solace Secure desktop and app provide up-to-the-minute alerts, providing
latest information on your travel location even when you are there.

CONTACT SOLACE GLOBAL RESPONSE TEAM

This report has been prepared for you by Solace Global Risk Ltd.

If you need urgent help, advice or assistance at any time please contact the 24/7 Response and Assistance Team.

If you have a question about this travel advice or any other location please email SGR@solaceglobal.com for further safety and security information.

For support using your Solace Secure platform or app please contact support@solaceglobal.com.

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