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| Travel Documents & Retreat Documents | |
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| Domestic Retreatants | |
| ! Valid Provincial or Territorial ID Card or Drivers License | <i>Issued by the Province/Territory of:</i> <ul style="list-style-type: none">  Alberta  British Columbia  Manitoba  New Brunswick  Newfoundland and Labrador  Northwest Territories  Nova Scotia  Nunavut  Ontario  Prince Edward Island  Quebec  Saskatchewan  Yukon Territory |
| ! Valid Provincial or Territorial Health Insurance Card | <i>Issued and VALID by:</i> <ul style="list-style-type: none">  Alberta: AHCIP  British Columbia: BC Health Plan  Manitoba: Manitoba Health Plan  New Brunswick: Medicare & NBPDP  Newfoundland and Labrador: MCP  Northwest Territories: NWT Health Care Plan  Nova Scotia: MSI  Nunavut: Nunavut Health Plan  Ontario: OHIP  Prince Edward Island: Health PEI  Quebec: RAMQ  Saskatchewan: Saskatchewan Health Plan  Yukon Territory: YHCIP |
| ! Printed Retreat Confirmation | <i>Received from confirmations.khoatu@truclam.ca</i> |
| US & International Retreatants | |
| ! Valid Passport | <i>Check your passport's expiry prior to booking flights.</i> |
| ! Valid Visa | Check online to see if you require a visa to come to Canada |
| ! Health Insurance | <i>Required for all US & International Retreatants & Visitors. Valid for the entire duration while traveling.</i> |
| ! Travel Insurance | |
| ! Printed Retreat Confirmation | <i>Received from confirmations.khoatu@truclam.ca</i> |
| * Filled Packing Checklist | <i>To avoid delays during airport customs declaration</i> |