Declare food and medicine checklist

Bringing food, medicine or gifts back to Canada? List them and declare them. Links to CBSA's official page.

NAME _____ DATE _____

Item	Food, plant, animal product or medicine?	Amount	Declared
			☐
			☐
			☐
			☐
			☐
			☐
			☐
			☐
			☐
			☐

BEFORE YOU FLY

- ☐ Medication in original packaging with the prescription
- ☐ Value of gifts written down
- ☐ Read CBSA's page before packing

Always declare food, plants, animal products and medication. CBSA's page has the official rules.

SOURCES (CHECKED 2026-11-26)

CBSA's I Declare guide covers restricted goods such as food, plants, animals and health products, and how to make your declaration.
https://www.cbsa-asfc.gc.ca/travel-voyage/declare-eng.html (checked 2026-11-26)