

PACKING LIST

Items to consider packing



TOILETRIES:

- Personal toiletries for initial days (toilet paper, shower gel, shampoo, conditioner, body wash, hand soap)
- Towels
- Toothpaste, toothbrush & dental floss
- Deodorant/Perfume
- Hairbrush
- Facewash and other skin care items
- Sunscreen with UVA and UVB protection, SPF 30 or higher



ELECTRONICS:

- Electronics (laptop, phone) and security (anti-theft) lock
- Power type A and B: Standard voltage is 120 V, standard frequency is 60 Hz.
- Chargers for all your electronic devices
- Headphones or earbuds
- Power bank
- Travel Adapter / Converter



CLOTHING



Summer:

- T shirts
- Shorts
- Jeans/Khakis
- Cap/Hat



Spring and Fall:

- Sweaters
- Sweatshirts
- Light waterproof jackets



DOCUMENTATION:

- Immigration related documents mentioned in the resource guide
- Driver's license or international driver's license
- Health card
- Insurance papers
- Important address list/contact numbers



FIRST AID KIT:

- Masks, sanitizer and wipes
- Antiseptic wound cleanser
- Tensor bandage for sprains
- Digital thermometer
- Allergy medications, such as antihistamine, or epinephrine prescribed by your doctors.
- Antibacterial ointments or creams
- Basic medications for flu, cold, fever



MISCELLANEOUS:

- Photos of family and friends
- Water bottle
- Sewing kit



Winter:

- Scarf and gloves
- Hat/Beanie



General Items:

- Undergarments
- Socks
- 1-2 comfortable (Casual Shoes/Sneakers/Sandals)
- Sleepwear