# 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

## 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

## Clothing:
- **Summer:**
  - T shirts
  - Shorts
  - Jeans/Khakis
  - Cap/Hat
- **Spring and Fall:**
  - Sweaters
  - Sweatshirts
  - Light waterproof jackets
- **Winter:**
  - Scarf and gloves
  - Hat/Beanie
- **General Items:**
  - Undergarments
  - Socks
  - 1-2 comfortable (Casual Shoes/Sneakers/Sandals)
  - Sleepwear