

# 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



### Winter:

- Scarf and gloves
- Hat/Beanie
- Winter boots
- Warm jackets



### General Items:

- Undergarments
- Socks
- Comfortable shoes
- Sleepwear



## DOCUMENTATION:

- Immigration related documents mentioned in the resource guide (passport, study permit, etc)
- Driver's license or international driver's license
- Health card
- Insurance papers
- Important address list/contact numbers



## HEALTH PRODUCTS:

- First-aid kit
- Masks, sanitizer and wipes
- Medical files
- Digital thermometer
- Extra pair of glasses or contacts
- Medications (prescription and over the counter)
- Moisturizer ( face and body)



## MISCELLANEOUS:

- Photos of family and friends
- Study supplies
- Water bottle
- Backpack
- Sewing kit
- Clothes hangers

Please note that you may not need every item on this list.  
Some items can be purchased when you arrive.