

# 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
- ☐ Pants
- ☐ Cap/Hat



### Spring and Fall:

- ☐ Sweaters
- ☐ Sweatshirts
- ☐ Light, waterproof jackets



### Winter:

- ☐ Scarf and gloves
- ☐ Hat
- ☐ Winter boots
- ☐ Warm jacket



### 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.