

PRE-ARRIVAL CHECKLIST

Name

Have you...

- applied for your study permit through Immigration, Refugees and Citizenship Canada (IRCC)?
- found temporary or long-term accommodation (i.e. a place to stay)?
- checked if you have all your immunizations (e.g. vaccines, booster shots)?
- purchased private travel health insurance if you are arriving in Canada before the fall semester begins?
- set up your official institutional e-mail account and checked it regularly for updates from your college or university?
- printed out or downloaded any official documentation that you've received from your institution and IRCC?
- completed any additional instructions or tasks assigned to you by your institution or IRCC?
- figured out what to expect once you land at the airport and mapped your route to your accommodation?
- stored your passport and other forms of identification in a safe compartment in your carry-on luggage?

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Consider bringing with you...

- Clothing that you can easily layer (e.g. long-sleeved t-shirts, sweaters or hoodies, light jackets)
- Essential medications and prescriptions
- Travel size products for your carry-on items (e.g. toothpaste and shampoo) as well as other toiletries you might need (e.g. nail clipper and brushes)
- Eyeglasses, contact lenses, travel-size lens solution, and/or spare pairs (strongly recommended if you need any kind of vision correction)
- Chargers, cables, power adapters, and/or universal travel power plug adapters
- An unlocked smart phone
- A SIM card tray removal needle for your smart phone
- A pen in your hand luggage in case you need to fill out paper documents during your voyage
- Hand sanitizer and cloth/medical facial masks
- A set of bedsheets and pillowcases
- Some cash in Canadian dollars and/or a major credit card (which are widely used and accepted in stores)

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What you can leave behind...

- Buy your winter jacket and gear after you arrive in Ontario – these items will take up valuable space in your suitcase and if you arrive in late summer, wearing layers will keep you sufficiently warm
- Non-prescription vitamins and supplements, cosmetics, or skin care products (which you can easily buy “over-the-counter” at pharmacies/drugstores)
- High power electrical appliance (such as hairdryer and electric kettle), note there might be a voltage difference: the outlets and voltage in Canada is 110Vs
- Heavy alcohol disinfectant/sanitizers (heavy and might not be accepted by the custom due to high flammability)
- If you are considering buying a new laptop or electronic device for your studies, there are often “back-to-school” sales and some educational discounts you could be eligible for by showing proof of your student status

What to avoid bringing entirely...

- Note that some items are banned or restricted from entering Canada with you; check out these official government pages:
 - <https://www.cbsa-asfc.gc.ca/travel-voyage/rpg-mrp-eng.html>
 - <https://travel.gc.ca/returning/customs/what-you-can-bring-home-to-canada>

Tip! Some airlines offer more generous baggage allowances for international students. You might have to apply for this benefit with some documents - check and confirm with your airline directly.

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Notes
