

## Recommended Packing List

---

### Mandatory Documents

- Passport
- Student Visa
- Other Government issued identification
- Letter of acceptance to Brock University
- Proof of finance
- Debit/Credit Cards, Money in Canadian Dollars (carry Canadian currency coins, small bills, particularly for the airport in Canada)
- Full mailing address and phone number of where you will stay in Canada (Ensure you have the correct Canadian address of where you will be going after you land)
- List of emergency contacts and other important addresses- at home and in Canada
- Airline booking and other travel confirmations (i.e., plane ticket)

### Other ID\* (not required but suggested):

- ISIC (International Student Identity) card (though not necessary, if you have one, bring it as a back-up of ID whenever you don't want to carry around your passport)
- International Driver's License (if applicable\*)

## Suggested items

Please note these items can be purchased once you arrive in Canada

### Electronics

- Mobile phone and charger
- Laptop and charger
- Travel Adapters (Canada uses Plug type A which has two flat parallel pins and plug type B is the plug which has two flat parallel pins and a grounding pin. Canada operates on a 120V supply voltage and 60Hz.)



Type A



Type B

- USB stick
- Portable mobile charger
- Headphones

### For Carry-On Bag

- Toiletries, travel size. (Note: there are restrictions based on the airline you travel but generally nothing over 100ml)

- Disposable medical grade face masks
- Contact lenses or glasses, if applicable
- 1 days worth of clothes
- Canadian currency for the airport in Canada
- Purse/ wallet for your IDs, credit cards, sensitive documents
- Backpack (for daily use and as your carry-on while traveling)
- Portable mobile charger (Adapter)
- Headphones
- Chewing Gum (to reduce ear popping on plane)
- Flight entertainment (i.e., notebook, books, preloaded tablet or phone with games or movies/shows, etc.)

### **Medical: For carry-on baggage**

- All prescription medications with original packaging. Include an additional prescription from your physician
- Letter from physician with medical history - written in English preferably
- Medical records (copy) if you have a chronic medical condition
- An empty refillable water bottle/ Nalgene bottle (since the Nalgene bottle is plastic, it's a lot easier to get through airport security)
- Hand sanitizer

### **Clothing for Checked Bag**

Note that these items can be purchased once you arrive in Canada.

- Long Sleeve Shirts
- Short sleeve shirts or T-Shirts
- Jeans or Long pants
- Shorts or Sweaters or sweatshirt
- A set or two of workout clothes
- Skirts or Dresses
- Business Suits or formal wear (1 piece) At least one nice outfit for formal occasions\*
- Belts
- Pajamas/Sleepwear
- Undergarments (2 weeks' worth)
- Socks (2 Weeks' Worth)
- Cold weather gear (i.e., winter or warm coat, gloves/ mittens, hat, scarf)
- Formal shoes, casual shoes, sneakers, sandals, boots/ rain boots
- Traditional wear
- Swimsuit

A note about winter items: Winter items can be large, heavy, and bulky in your luggage. If you are arriving in September, it will still be summer, and you will have time to purchase items after arriving to Canada before the harsh winter begins. Please note there are several places you can purchase winter items including second-hand (thrift) clothing stores for gently previously used winter clothing, (closest to Brock campus) such as: [Value Village](#) and [Goodwill](#).

## **Toiletries**

Note that these items can be purchased once you arrive in Canada. *\*Please be aware of the carry-on baggage rules for your airline if you plan to place some of these in your carry on.*

- Deodorant or perfume
- Toothbrush, dental floss, toothpaste
- Cosmetics or makeup
- Face wash, body lotion
- Feminine products (one month's worth)
- Hair products - shampoo, conditioner
- Soap or shower gel
- Additional contact lens solution or back-up glasses (if applicable)
- Comb or Brush
- Fingernail Clippers
- Razor/Shaving Supplies \*not for your carry-on
- Tweezers
- Over-the-counter medicines
- Tissues/ toilet paper
- Medications, if any, along with the prescription from a physician
- Sunglasses/ extra eyeglasses/ contacts

## **Miscellaneous**

- Purse/wallet
- Watch
- Bus maps or download the Transit App
- Map of Brock/St. Catharines/Niagara Region
- Bath towel - if there is room \*
- Bed sheets - if there is room \*
- Important Address List / Contact numbers (on paper or preloaded into your devices)
- Umbrella
- Bowl and Plate, silverware

## **For School**

Note that these items can be purchased once you arrive in Canada.

- Pens, Highlighters, pencils, notebook
- Small backpack - to carry notebooks or textbooks
- Laptop Bag

## **Home Comforts**

- Any favourite non-perishable food or spices
- Any favourite kitchen items or dishes
- Pictures of friends and family