



Travel & Packing Checklist

Not sure what to bring with you when you travel to Brock?
Our recommended packing list can help!



Mandatory or Important Documents

- Valid passport
- Valid TRV (visa), eTA, or official US status document
- [Port of Entry \(POE\) letter of introduction](#)², unless exempt (*new students only*)
- Letter of acceptance and offer letter from Brock University if you are starting a new program
- Proof of enrolment at Brock
- [Proof of financial support](#)²

Please review [IRCC's Prepare for Your Arrival page](#)² for the most up-to-date information on the documents you need when crossing the border.

- Debit/credit cards, Canadian currency (*carry small Canadian bills and coins for the airport in Canada*)
- Full mailing address and phone number of where you will be staying 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 both at home and in Canada
- Airline booking, plane ticket and other travel confirmations

Other ID (suggested but not required)

- International Student Identity Card (ISIC)
Though not necessary, if you have one, bring it as a backup form of ID for when you don't want to carry around your passport.
- International driver's licence (if applicable)



In Your Carry-On

- Clothing for one day
- Canadian currency for the airport in Canada
- Purse/wallet for ID, credit cards, sensitive documents
- Backpack (*for daily use or to use as your carry-on*)
- Contact lenses or glasses if needed
- Travel size toiletries (*check your airline's restrictions*)
- Mobile charger/adapter
- Headphones
- Chewing gum (*to reduce ear popping in flight*)
- Flight entertainment (*notebook, books, tablet or phone pre-loaded with games or movies/shows, etc.*)

Medical, Health & Well-Being for Carry-On

- Prescription medications in original packaging. Include proof of the prescription from your physician.
- Letter from physician with medical history (*preferably written in English*)
- Copy of medical records if you have a chronic medical condition
- Empty refillable water bottle (*plastic bottles like Nalgene bottles are easier to get through airport security*)
- Hand sanitizer
- Disposable medical grade face masks if needed



In Your Suitcase

Clothing

- Long- and short-sleeved shirts
- Jeans or long pants
- Shorts
- Sweaters/sweatshirts
- Workout clothes
- Skirts/dresses
- Business suit or formal wear (*at least one nice outfit for formal occasions*)
- Belts
- Pyjamas/sleepwear
- Undergarments (*2 weeks' worth*)
- Socks (*2 weeks' worth*)
- Cold weather gear (*i.e. winter coat or warm coat, gloves/mittens, hat, scarf*)
- Footwear (*casual shoes, sneakers, sandals, boots/rain boots, formal shoes*)
- Traditional clothing
- Swimsuit

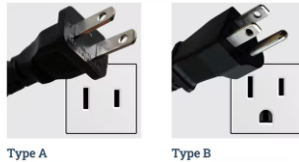
Toiletries

- Deodorant or perfume
- Toothbrush, dental floss, toothpaste
- Makeup/cosmetics
- Soap, shower gel, face wash, body lotion
- Feminine products (*one month's worth*)
- Hair products, shampoo, conditioner, comb/brush
- Contact lens solution or back-up pair of glasses if needed
- Fingernail clippers
- Razor/shaving supplies (*not for carry-on*)
- Tweezers

- Over-the-counter medicines
- Tissues/toilet paper
- Prescription medications along with the prescription from your physician
- Sunglasses

Electronics

- Mobile phone, laptop and chargers
- USB stick
- Headphones
- Travel adapters (*Canada uses Plug Type A which has two flat parallel pins, and Plug Type B which has two flat parallel pins and a grounding pin. Canada operates on a 120V supply voltage and 60Hz.*)



Miscellaneous

- Purse/wallet
- Watch
- Bath towel
- Bed linens
- Umbrella
- Bowl, plate and utensils

School Supplies

- Pens, highlighters, pencils, notebook
- Backpack and/or laptop bag

Home Comforts

- Favourite non-perishable food or spices
- Favourite kitchen items or dishes
- Photos of friends and family



Can't fit everything? Here is what to prioritize.

With the exception of your ID, mandatory documents, medical prescriptions and necessities, and personal items of sentimental value, most – if not all – items on these lists can be purchased when you arrive in Canada.

Travel light if you prefer, and visit one of the malls or shopping centres near Brock to purchase what you need.

More Tips

- Pack the things you won't be able to replace in Canada first.
- When you pack your carry-on, pack enough essentials to carry you through at least one day in Canada.
- Review your airline's carry-on baggage rules before packing.
- Winter items can be bulky and heavy in your luggage. If you are arriving in September, it will still be summer, so you may want to consider purchasing winter items in Canada instead of bringing them with you.
- Arrange your travel from the airport to Brock before you leave home to avoid expensive taxi fares.

Still have questions before you travel?

Contact **Brock International:**

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brocku.ca/international