



# PACKING LIST

Before participating in a global opportunity, it's important to consider what essentials you are going to bring with you so that you can be as prepared as possible during your travels. Use the checklist below to help you plan your packing essentials.

## Carry-on Items

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**NOTE:** Familiarize yourself with the restrictions on the amount and size of items in your carry-on luggage (i.e. liquids). To avoid customs delays, ensure that you are packing the appropriately sized items.

- ☐ Cell phone and charger
- ☐ SIM card tool
- ☐ Glasses and contact lenses (if necessary)
- ☐ Laptop and charger
- ☐ Electrical adaptors (if travelling outside of North America)
- ☐ Change of clothes
- ☐ Hygiene kit (hand sanitizer, face masks, toothbrush, etc.)
- ☐ Medical kit (prescriptions, over the counter drugs, etc.)

## Other Personal Items

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Every individual's needs will vary. Here are some examples that you can use to gauge what you can and cannot compromise.

- ☐ Bed sheets and Pillow cases
- ☐ Towels
- ☐ Electrical appliances (hair dryer, straightener, etc.)
- ☐ Cosmetics
- ☐ Hangars
- ☐ Umbrellas
- ☐ Re-usable water bottles
- ☐ Computer peripherals
- ☐ Clothing and footwear for different activities

## Documents

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Don't forget to keep important documents handy. Keep original documents close and copies

- ☐ A valid passport
- ☐ Airline tickets
- ☐ Study permit
- ☐ Letter of Acceptance (Offer of Admission)
- ☐ Forms of valid I.D (i.e. valid driver's license)

If necessary

- ☐ Prescriptions
- ☐ Bank statements

**NOTE:** You are encouraged to create copies of all your important documents