



CANADA/EXCHANGE PACKING LIST

IMPORTANT

- Passport + other photo ID
- Cash (CAD)
- Travel money card + backup
- Acceptance letter from host uni
- Scripts for prescription medicine + list of medications carried
- Paper + electronic copy of all documents listed above

HEALTH

- Any prescription medicines
- Over the counter medications (eg. panadol, cold+flu, antihistamines)
- Basic first-aid kit
- Sunscreen, insect repellent and aftersun cream

OTHER

- Reusable water bottle
- Toiletries
- Camera, phone + charger
- Lock for bag/locker

CLOTHES

- Long pants (jeans, trackies)
- Shorts
- T-shirts
- Long shirt
- Jackets & hoodies
- Bathers/swimmers/togs
- Underwear + socks
- Thongs/flip-flops
- Runners x2
- PJs (summer + winter)
- Winter gear (eg. scarf, beanie, gloves/mittens)



- Hat + sunglasses
- Eye-mask + ear plugs
- Music downloaded on phone or iPod