

# **WHAT TO PACK**

There are some things you cannot bring to Canada or will need to declare when you arrive, such as cash over CAD \$10,000 and food or animal products. Refer to the [Canada Border Services Agency's guidelines](#) for travelling to Canada.

This list is recommended items for you to bring (and not to bring) as you prepare for your arrival to residence.

**\*Please bring adequate clothing (e.g. indoor clothes, under-wears, pyjamas, etc.) for the 14-day quarantine, you'll be able to access laundry services once you're released from quarantine**

## **What we provide:**

- bed with bedding (flat sheet, fitted sheet, pillow cases)
- comforter
- pillow
- desk and chair
- storage space for clothing
- Locker and Lock (to store important documents and personal items)
- Laundry basket
- Toilet tissue
- Iron and ironing board available to borrow
- Laundry detergent
- Basic first aid supplies (bandaids, over the counter medicine)
- Trash bags
- Board games, sports equipment, gaming consoles to borrow
- Meals and late snacks

## **Recommended items to bring:**

### **Items for Your Uniforms**

- Standard black dress shoes
- Black belt (no large buckle)
- Black dress socks

### **Winter Gears**

Students arriving in the warmer months (August and October semesters) may choose to buy these item in Canada instead

- Wind breaker or sweater

- Winter outerwear – Coat, mitts, gloves, toque, scarf, winter boots (waterproof or water resistant)

### **Casual wear in residence room**

- Casual clothes
- Pyjamas for sleeping

### **Shower**

- Shower Sandals (like plastic or rubber flip flops)
- Bathrobe
- Toiletry bag / pouch

### **Sports**

- Swimming wear
- Athletic wear (depending on individual sports interests)
- Indoor non-marking sneakers/athletic shoes (for gym use)

### **Dress for Special Events**

- Events such as the Semi Formal for which students may wish to bring ‘nice’ clothes (dress, jacket, dress pants)
- Traditional clothing that represent the culture of your country/region (Regional Dinners, International Fashion Show, etc)

### **Toiletries**

- Toiletries (soap, face wash, deodorant, shampoo, conditioner, body wash, lotion)
- Toothbrush, toothpaste, mouth wash, dental floss
- Razors and shaving products
- Nail clippers and nail files
- Feminine hygiene products
- Make up and make up remover
- Kleenex (facial tissue)
- Brush and comb
- Hairdryer (1200 Watt or lower)
- Multiple sets of towels (bath towels, hand towels, face cloths)

The school organizes shopping trips on the weekend for students to make purchases at Walmart before school starts in August and January Semesters

### **Electronic Items**

- Chargers for all the electronics you bring – cell phone, laptop, etc.

- International Adaptor if your plug is not the North America parallel flat pin type

### **Hygiene and Safety Products**

- Disposable or cloth face masks
- Hand sanitizer
- Face shield

### **Optional items to buy in Canada**

Due to warranty issue and limited space in luggage, it may be easier to purchase the following items in Canada

- Hot water kettle with an overheat safety switch or automatic shut off
- Hair Dryer (1200 Watt or lower)

### **Items not permitted in residence:**

- Televisions, monitors, gaming systems
- Halogen lamps can become very hot. Halogen desk lamps should be avoided.
- Desk LED Lamps are permitted. However, decorative flashing LED string light is not permitted.
- Wifi routers – personal router will cause network slow down or failure
- Furniture
- Knives
- Tobacco products for students under the age of 19 (Ontario Law)

The common room in every residence has a microwave for student use.

- Cooking equipment and appliances (kettles without auto shut-off, toasters, hot pots, immersion heaters and microwaves).
- Open flames are not permitted in any room due to fire code/safety regulations – candles / incense are not allowed

**Items found will be removed from the room and kept by the residence. Items will be returned to the student when checking out.**

Should you forget something, house parents or a residence leader will be happy to show you how to order what you need on-line. Our residence student leaders will be able to recommend reliable and cost efficient retailers for you.