



# WHAT TO PACK



## CHECKLIST OF THINGS TO BRING

### IMPORTANT INFORMATION & ITEMS

- Letter of acceptance from ILSC
- This Welcome Guide (*record important information on p. 15*)
- Your passport and travel documents (*leave photocopies of travel documents with your parent or guardian*)
- Travel health insurance
- Any prescription medications that you require
- Canadian Dollars or credit cards to purchase snacks or souvenirs

### TOILETRIES

- Toothbrush and toothpaste
- Shampoo/conditioner
- Soap
- Sunscreen
- Hairbrush/comb
- Hairdryer (if needed)
- Washcloth
- Feminine hygiene products

### SCHOOL SUPPLIES

- Backpack or school bag
- Pens and paper

### CLOTHING

- Underwear
- Socks
- Sweatshirts/sweatpants (for cool weather)
- T-shirts
- Shorts
- Jeans/pants
- Rain jacket (suitable for cool or rainy weather)
- Pajamas/sleepwear
- Swimsuit
- Sun hat
- Running shoes
- Casual shoes
- Flip-flops/sandals

### MISC.

- Beach towel
- Refillable water bottle
- Regular medications (Acetaminophen or Ibuprofen)

### PERSONAL ELECTRONICS

- Camera
- Mobile phone
- Headphones