

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
- \$100 cash for Residence Security Deposit
- Credit Card for laundry, souvenirs, snack, etc.

TOILETRIES

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

CLOTHING

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

MISC.

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

PERSONAL ELECTRONICS

- Camera
- Mobilephone
- Headphones

SCHOOL SUPPLIES

- Backpack or school bag
- Pens and paper
- Notebook

