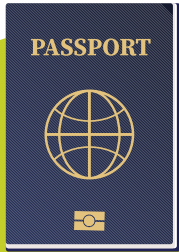
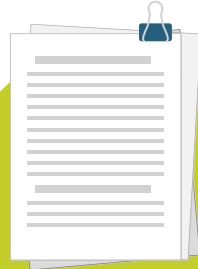


What to pack for your Carry-on Luggage



Passport



POE Letter



Health Insurance



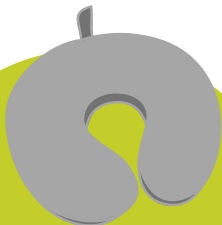
Credit or Debit Card



Cash



Emergency Contacts



Travel Pillow



Charger & Adapter



Important Documents



Electronics



Snacks & Water



Change of Clothes



Check the carry-on rules for your airline!

Travel Preparation Checklist



Travel Preparation

- Renew/Check passport
- Book medical insurance
- Change CAD to local currency
- Check flight status, online check-in, & seat reservation
- Download offline maps
- Print important documents
- Make copies to give to parents or someone you trust
- Get a credit card
- Write down important contact numbers
- Visit doctor (e.g. dentist)
- Apply for an international driving permit
- Check vaccination requirements
- Prepare a general resume
- Check that your cellphone is unlocked
- _____

Home Preparation

- Organize plant & pet care
- Empty the fridge of perishables
- Forward or hold mail
- Give keys to a relative/friend
- Cancel contracts/subscriptions



Packing Checklist

Clothing

- Shirts / T-shirts
- Pants / Jeans
- Shorts
- Socks
- Sweater
- Hat
- Underwear & Pajamas
- Bras
- Dress / Skirt
- Pantyhose
- Collar Shirt
- _____
- _____

Cold Weather Clothing

- Jacket (Wind breaker)
- Gloves
- Hat
- Scarf
- _____
- _____

Optional Clothing

- Belt
- Raincoat
- Umbrella
- Jewelry
- Glasses / Contact lens kit
- Smart interview outfit
- _____

Beach Gear

- Swimsuit
- Sunglasses
- Sunblock
- Beach towel
- _____
- _____

Shoes

- Runners / Walking shoes
- Sandals
- Dress shoes / Heels
- Shower shoes
- _____

Electronics

- Cellphone / Charger
- Extra batteries
- Power bank
- Laptop
- Watch
- Headphones
- Travel adapter
- _____

Luggage

- Backpack
- Carry-on bag
- Suitcase
- Safety pins
- _____

Personal Hygiene

- Toiletry bag
- Hair Brush / Comb
- Razor / Electric Shaver
- Toothbrush / Tooth Paste
- Dental floss
- Soap/ Cleansers
- Shampoo/ Conditioner
- Deodorant
- Moisturizer
- Lip Balm
- Quick-dry towel
- Make-up
- Feminine products
- _____
- _____

Health & Medications

- Prescription medicine
- Contraception/ Condoms
- Motion sickness pills
- Pain/ Aspirin medication
- Antibiotic ointment
- Laxative/ Diarrhea medicine
- First Aid Kit
- Insect repellent
- Band-aids
- _____

Quick Packing Tips

1 Don't overpack!

Pack only as if you'll be gone for 3 weeks and take just your favorites.

2 Pack smart

Use packing cubes or the rolling technique so you won't lose any suitcase space.

3 Be wise, carry travel size

Bring travel size items like shampoo, sunscreen, etc., and buy bigger packages at your destination.

4 Easily access certain items

Pack these items so they are easily accessible in your carry-on:

- Medication
- Change of clothing
- Important documents
- Liquids bag

