

Spring

## PACKING LIST

Use our helpful packing list as an outline to get you started, but keep in mind that your own personal needs, your itinerary, the weather, etc. may change what you pack. We recommend packing as lightly as possible, bringing only what you need.

## Recommendations

### LUGGAGE

We suggest that students restrict their luggage to one suitcase. Students should also bring a carry-on bag (a backpack is best). This will hold all the essentials through each day's activities.

### CLOTHES

- ☐ 1 t-shirt per day
- ☐ 1 change of socks per day
- ☐ 1 change of underwear per day
- ☐ At least 2 sweaters or sweatshirts
- ☐ At least 2 pairs of pants
- ☐ At least 2 pairs of shorts
- ☐ At least 1 set of pajamas
- ☐ 1 waterproof hooded jacket\*
- ☐ 1 outfit for dance or other formal event (refer to your itinerary)
- ☐ 1 hat for sun protection\*

## Considerations

### WEATHER

Please check the weather forecast for your destination while packing; weather can differ greatly from day to day.

### YOUR ITINERARY

Refer to your itinerary and see if there are any activities such as swimming that would require you to bring additional items.

### ELECTRONICS

Most personal electronics isolate the user from the people around them. Electronics such as laptops, game consoles, etc. are not permitted. Cell phones are not recommended but are up to the discretion of your school.

### SHOES

- ☐ 1 pair of walking shoes\*\*
- ☐ 1 pair of shoes for dance or formal event (refer to your itinerary)

### TOILETRIES

- ☐ A toothbrush & toothpaste
- ☐ A comb or brush
- ☐ Soap/bodywash
- ☐ Shampoo & conditioner
- ☐ Deodorant
- ☐ Sunscreen

### ADDITIONAL ITEMS

- ☐ Umbrella
- ☐ Camera (with charger/extra batteries)
- ☐ Snacks for the journey
- ☐ Reusable water bottle

### DOCUMENTATION

If travelling to the United States, proper identification is required. Be sure to have:

- ☐ A valid passport
- ☐ A Canadian birth certificate (original or photocopy) for those 18 and under

For more information, please visit <http://travel.gc.ca/destinations/united-states>.

### PERSONAL NEEDS

If you require any medications or medical-related items, be sure to pack them in your carry-on bag/backpack.

**\*TIP:** Wear these items during your travelling time to save space in your luggage!

**\*\*NOTE:** There will be lots of walking and exploring, so be sure to bring comfortable footwear!