Use the below list as a guideline to **pick and choose what is essential for you.**

### Clothing
- ☑ 1 pair of rainproof walking shoes
- ☑ 1 pair of flip-flops
- ☑ Socks
- ☑ Underwear
- ☑ Shorts
- ☑ 1 bathing suit
- ☑ 1 hat
- ☑ 1 professional outfit (a nice pair of trousers/skirt; nice button-down top or blouse)
- ☑ 1 dressy outfit
- ☑ Skirts/trousers
- ☑ Shirts
- ☑ Sweater/sweatshirt
- ☑ Poncho/rain jacket
- ☑ Warm jacket and winter apparel (scarf, gloves, warm hat, boots)
- ☑ Sleepwear
- ☑ Athletic wear

### Miscellaneous
- ☑ Watch
- ☑ Journal
- ☑ Books, guides, maps
- ☑ Duffle bag/Backpack
- ☑ Change purse
- ☑ Luggage lock/tags
- ☑ Battery operated alarm clock
- ☑ Adapter and voltage converter (note: electrical outlets are the same as in the U.S.)
- ☑ Towel/washcloth
- ☑ Required textbooks (can be bought on-site as well)
- ☑ Laptop/charger
- ☑ Scientific calculator (only applicable to certain majors)

### Documents
- ☑ Passport, Visa (if applicable)
- ☑ 3 copies of passport and visa
- ☑ Letter of Invitation from McGill
- ☑ Proof of access to sufficient funds
- ☑ Additional documents if under 18
- ☑ Flight itinerary (boarding pass will be issued directly to the participant by the airline at the airport)
- ☑ Photo ID
- ☑ Cash, credit/debit cards (and copies)
*Remember to leave copies of all documents/credit cards at home!*

### Medicine and Toiletries
- ☑ Prescription Medicine (make sure you can travel internationally with your prescription, verify what documentation you need to legally transport your prescription; travel supply advised)
- ☑ Comb/brush
- ☑ Sunscreen, moisturizers, cosmetics
- ☑ Deodorant
- ☑ Aspirin/Tylenol/Ibuprofen products
- ☑ Feminine hygiene products
- ☑ RAZORS (in checked-luggage only)
- ☑ Extra eyeglasses and sunglasses
- ☑ Extra contact lenses and solution
- ☑ Tweezers, nail files/polish, etc. (in checked-luggage only)

### Notes