

Kwantlen Student Exchange Pre-departure

Packing List

This list is meant to serve as a guide to help you plan what to bring with you:

- ☐ Valid passport
- ☐ Travel documents such as your entry visa or study permit (if required)
- ☐ Letter of Acceptance from host institution
- ☐ Letter or email from KPU indicating that you are going on exchange
- ☐ Proof of sufficient funds
- ☐ Proof of health insurance
- ☐ Medical certificate (if required)
- ☐ Any important medical information
- ☐ Proof of immunizations
- ☐ A domestic phone card in case you have to make an emergency phone call
- ☐ A list of addresses from home (E-mail and street addresses)
- ☐ Contact info for: OISS, KPU's Registrar's Office, International Exchange Coordinator, and the host university campus contacts
- ☐ A record of your credit and debit cards numbers and the phone number to call in case of loss or theft. Keep this information separate from your cards
- ☐ Travelers' cheques in the exchange country currency or in US dollars. Keep a separate record of the serial numbers in case of loss or theft
- ☐ A small amount of the local currency for transportation or food
- ☐ Emergency fund (suggested a minimum of \$200)
- ☐ Prescriptions and a letter from your doctor
- ☐ A medic alert bracelet if you have allergies
- ☐ First-aid kit
- ☐ A copy of your eyeglass prescription and an extra pair of glasses or contacts
- ☐ One set of formal clothing
- ☐ Guide books and language books
- ☐ Canadian goods for gifts (Maple syrup, t-shirts, pens, etc.)
- ☐ Laptop
- ☐ Weather appropriate clothing