

# Quebec Packing List

## CLOTHING

- Warm, waterproof comfortable footwear, at least one pair
- Sneakers
- Slippers for the hostel
- Socks (4 pairs—including extra to change into) wool or Smartwool
  
- Two pairs of pants
- Under Armor or long johns
- Underwear
  
- Two shirts
- A sweatshirt or sweater for layering
- Under Armor top or long johns top
- For ladies ~ two bras*

## NIGHTWEAR

- Pajamas, sweats, or other appropriate comfortable sleeping clothes  
(rooms can be VERY warm, so a t-shirt and shorts is about right)

**\*\*You may want a nicer outfit for the night we eat at the restaurant\*\***

## OUTERWEAR

- Warm, waterproof winter coat
- A hat
- Mittens or warm gloves

## TOILETRIES

- TOWEL/washcloth
- Soap
- Shampoo
- Razor/Shaving cream
- Lotion
- Powder
- Hair care products
- Comb/brush
- Hairdryer
- Chapstick
- Toothbrush/toothpaste/floss
- Contact lenses/solution
- For ladies ~ makeup, feminine care items*

**\*\*YOU DO NOT NEED OUTLET ADAPTORS. The outlets in Canada are the same as the in the US. \*\***

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## OPTIONAL

- Alarm clock
- Padlock for your footlocker
- Headphones/mp3 player/charger
- Camera
- Cell phone ~ be sure to call your service provider to get international calling/texting rates
- Cell phone charger
- Earplugs
- Books/cards/games for the bus or downtime
- Snacks/candy/gum
- Breakfast items, if you don't plan to buy breakfast
- DVD's (school appropriate—no rated R) to share on the bus

**\*\*NO SVHS LAPTOPS WILL BE GOING TO QUEBEC FOR ANY REASON—but you may bring your own personal laptop if you wish.\*\***

## MONEY

- \$60-\$80 for meals
- Spending money in addition to this

## MEDICATION

- Prescription medications! Do not leave these at home! Not EVERYTHING has to be checked in with the chaperones, but it is important to bring medications you need. Mostly you will just carry these with you and take them on your own except in certain cases.
- Tylenol, Tums, cough drops if you use them regularly

## **DO NOT BRING**

- School-issued laptop
- More stuff than you can carry several blocks comfortably
- Shoes that are impossible to walk in/won't keep you warm
- Your own blanket or pillow for use in the hostel
- Illegal contraband (knives, tobacco products, prescription drugs for which you can't provide a prescription, illegal drugs, etc. Basically anything you would not have with you during a normal school day)