



Recommended Packing List

Please note, the outlined items and tips are meant to guide your efforts with your packing for an OUTCAN posting. They are by no means to replace the critical thinking or planning that needs to occur for the particular needs of your family. It is also advised to research the location of your next posting, to better understand the rules and regulations with regards to importing items into the country.

Also, refer to the policy with your transport company (re: liquids, alcohol, batteries etc) and DND regulations (ie: not permitted to transport alcohol). Also, please see the following link on relocation: <https://www.cafconnection.ca/National/Programs-Services/Relocation.aspx>

Carry On items:

- COVID documents (paper and electronic documents)
- Passport(s) / Military ID / Travel Orders
- Medical documents (prescriptions / vaccinations / etc.)
- Official documents (marriage certificate / birth certificates / power of attorney / custody documents)
- Other forms of ID (driver's license / international driver's permit, health cards)
- Insurance forms (medical / life / other)
- A list of emergency contacts (in Canada and for new locations)
- Schooling paperwork (you may require this before your air shipment arrives)
- All pet paperwork for customs (a copy should be taped to the side of the kennel with originals on you for the duration of your trip)
- All vehicle paperwork for customs (photocopies in the car, originals with you including paperwork from transport company)
- Cell phones, laptops, iPads, music devices, and all chargers/converters
- A change of clothes and toiletries in case of lost luggage
- Baby essentials in case of lost luggage/delayed flights
- Any valuables (i.e.: jewellery)- do not put valuables in checked baggage as they may get lost or stolen in transit
- Prescription and over the counter meds for up to a few days in case of lost baggage/delays
- Wet wipes / hand sanitizer / masks / extra Ziplock bags
- Any other small valuables (carry on or checked baggage)
- Extra cash in new currency (in case of issues with credit card)



What to pack in your checked baggage:

- ❑ Refer to policy regarding allowances and bring the maximum allowed as this may be all you have for several months.
- ❑ Seasonally appropriate clothing including warmer coats, and shoes for change in season in case of sea and air shipment delays.
- ❑ DND (military personnel only) required uniform including boots, DEU's and medals. Additional uniforms should go in the air shipment.
- ❑ Any baby food, pet food, cat litter, doggie bags, (etc), as it may take a few days until you find these items locally after arrival.
- ❑ Additional prescription and over the counter medication for family needs. It is recommended to bring a six-month supply for all your prescriptions, as the new location may not have this medication available (name brand, dosage etc.).
- ❑ Toiletries in Ziplock bags.
- ❑ DVD's, books, and toys for family entertainment as Internet may take time to set up.
- ❑ Extra kibble / animal food if you are bringing your pets. This will allow them to gradually become accustomed to a new diet and avoid gastro issues.

What to pack in your Air Shipment:

******Please note, Air Shipments are not applicable to all moves******

- ❑ Sealed liquids (Ziplock bags). No flammables, alcohol or lithium batteries allowed in air shipment.
- ❑ More clothes for your family for changes in season and back to school.
- ❑ School supplies and sports equipment as school requires (ex: soccer player needs cleats, shin guards, ball, shorts).
- ❑ DND (military only) the rest of required uniforms.
- ❑ Kitchen supplies that you may want before your sea shipment arrives.
- ❑ Some people pack new sheets, towels (keep in mind bed sizing can be different in Europe - check your location).
- ❑ Additional games/toys for kids.
- ❑ A few groceries that are uniquely home ex: kraft dinner or your favourite chocolate.
- ❑ Favourite treats for pets.



What to pack in your Sea Shipment:

- Tax documents from the past 7 years, in case you are audited.
- Rest of clothing, bedding and bathroom items.
- Kitchen items including dishes, pots and pans (remember European stoves can be smaller), small appliances (consider voltage in your new location).
- Selection of personal items such as family pictures, decor items, throw pillows, candles. You would be surprised how the little things can make your new place feel like home.
- Favourite non-perishable groceries (some items may not be available in your new location: for example: peanut butter / kraft dinner / seasonings / dip mixes / canned soup / cereals / baking supplies / flavour extracts / maple syrup / baby food).
- Party supplies and Canadian Swag.
- Greeting cards / Christmas cards (you may not find them in English in Europe).
- Toys for upcoming birthdays and Christmas (toys may be more expensive or not readily available).
- Baby items such as next season snowsuit, stroller, bouncy chair.
- Childcare seats, booster seats, as the new country may have different standards.
- Canadian stamps for DIP mail going home (for mailing cards, documents, tax returns must be mailed).
- Tampons/maxi pads, personal products (quality and brands differ depending on the country).
- Skates and various sporting equipment.
- If you are someone who is tall, petite, or plus sized - be conscious that sizes may be different in your new location. You may want to bring extra of the basics from home.



Extra Tips:

- A security check with fingerprint scans at your local police station is advisable before you leave Canada. Spouses / dependents who may want to work or volunteer (especially with children) may require a security check.
<https://www.rcmp-grc.gc.ca/en/criminal-record-checks>
- CAA International Driver's Permit: <https://www.caa.ca/international-driving-permit/>
- Minimum of a 6-month supply for all your prescriptions.
- Sunlife Comprehensive Coverage (dependents):
<http://www.pshcp.ca/coverage/comprehensive-coverage.aspx>
- Bringing some red / white party decor is a good idea (BBQs / events / etc). Canadian Swag is also a great idea for small gifts (The Royal Canadian Legion has some great items for gifts: <https://www.poppystore.ca> and you can also get some things through Department of Heritage at <https://sc-gc.pch.gc.ca/PROMO/Login.aspx?lang=en>)