

## WHAT TO PACK FOR THE IHRTP?

---

### **Clothes**

The Montreal area enjoys a continental climate: very cold winters, and hot and humid summers with regular rainfall.

The temperature for June-July ranges from 15 to 35 degrees Celsius.

<http://www.theweathernetwork.com/weather/cities/can/pages/CAQC0363.htm>

We suggest that you bring the following:

- Light washable clothes;
  - Some warm pieces of clothing for the evening and cooler days, or a warm jacket;
  - A raincoat and an umbrella;
  - A bathing suit, if you wish to use the pool;
  - Dressier or traditional clothes for special events.
- 

### **Toiletries**

The accommodation will provide:

- Bath and hand towels
- Regular hand soap
- Clean sheets and blankets

Participants should bring other personal toiletry articles such as shampoo, toothpaste, toothbrush, and hairbrush or comb, etc.

---

### **Prescriptions**

- Certain medical drugs may not be available in Canada, or may come in different forms.
- Please consult the Canadian Embassy to make sure you are allowed to enter the country with your specific medication.
- Make sure to bring enough medication to cover your whole stay in Canada, **(medications for existing conditions will not be reimbursed by the insurance).**
- **Make sure to carry a copy of your prescriptions with you.**
- **If you have previously suffered from *malaria* or a *similar condition*, please ensure that you bring the appropriate medicine.**

---

## WHAT TO PACK FOR THE IHRTP?

---

**Electronics**      The following are **NOT** available on campus:

- Hair dryers and curling irons
- razors
- adaptors
- Internet cables
- Radios, etc...

- 
- IMPORTANT**
- Electrical appliances must work with **120V** electrical current.
  - You must bring **your own adaptors** (especially for laptops) since they will be different for each region and we cannot provide them.
  - We are **not responsible** for damages caused to your electrical appliances due to the use of the wrong type of adaptor. Please ensure you have proper information on your electric appliances before leaving your country.
  - High speed internet will be available if you bring your own laptop and Ethernet cable (blue or gray cable).

**PLEASE INFORM US IF YOU PLAN ON BRINGING YOUR OWN LAPTOP SO WE CAN ASK FOR THE INTERNET IN YOUR ROOM TO BE ACTIVATED.**

---

**Others**      We invite you to bring:

- **Documentation** describing the activities of your organization (for display or for distribution).
- For musicians, your **instruments**, or **music** (CDs) to be played at special events.
- Traditional clothes, for the International evening

Please note that it is strictly forbidden, by Canadian customs, to bring fresh fruits and vegetables, animals or plants into the country.

**IF YOU ARE CARRYING PRESCRIPTION DRUGS, PLEASE ENSURE THAT YOU CARRY YOUR PRESCRIPTION WITH YOU.**

---