

Checklist of suggested items to bring to Montreal:

- ✓ **Bathing suit and towel**
- ✓ **Camera/film**
- ✓ Shorts and t-shirts/tank tops (it's hot in July & August!)
- ✓ Sneakers
- ✓ Jeans
- ✓ Gym/active wear for sports
- ✓ Casual dress pants (similar to: khakis, Dockers, or black slacks)
- ✓ Dress shoes (comfortable)
- ✓ Rain clothing Suntan lotion
- ✓ Back-pack (school size for language classes and day-trips)
- ✓ **Notebook, pens/pencils, French-English dictionary**
- ✓ Combination lock for the gym or beach lockers
- ✓ Water bottle
- ✓ Prescription medication
- ✓ Hat/baseball cap
- ✓ Toiletries
- ✓ Small amounts of Canadian Currency (IMPORTANT! Exchange in advance as banks are closed on the weekends of arrival)