

WAG TOUR SELECTION – PACKING LIST GUIDELINE

This is not an exhaustive list so please pack based on your personal needs.

CARRY ON (and wear track jacket)

- ☐ Passport, Vaccination QR code (if necessary), ID
- ☐ Wallet /Money Belt – Cash (CAD dollars – include small bills) – Bank Card (cash min approx. \$60 per day for food and additional access to cash for excursions, transit etc.)
- ☐ Tissue (Kleenex), Sanitary wipes, Hand sanitizer
- ☐ Phone (and appropriate phone plan)/ Headphones/Chargers and cords
- ☐ Music/Ipad/Kobo/book/magazine
- ☐ Pen – black or blue ink (to fill out customs forms)
- ☐ Sunglasses/reading glasses/ Earplugs/ Neck Pillow etc.
- ☐ Gum/snacks

Things to bring for competition (* carry-on bag/ seal in ziploc):

- ☐ Training and Competition Leotards*
- ☐ Team Ontario Track Suit (jacket must be worn at all times including travel times)
- ☐ Grips or Wrist Guards*
- ☐ Athletic tape/pro-wrap
- ☐ Personal braces/supports (e.g. knee straps etc.)

GYM MEET

- ☐ Gym bag
- ☐ Athletic tap, braces, grips etc.
- ☐ Water Bottle, snack

BATHROOM

- ☐ Shampoo, conditioner, brush, comb, elastics
- ☐ Tooth brush, paste, floss
- ☐ Straightener/curling iron and styling products (as needed for personal or for competition)
- ☐ Personal hygiene, moisturizer, deodorant etc.
- ☐ Personal towel if going to beach/off-site from hotel

MEDICAL KIT (based on personal needs)

- ☐ Band-aids, tape etc.
- ☐ Advil/Benedryl/Medication (in original containers) etc.
- ☐ Hot water bottle/ Ice pack or bag for Ice
- ☐ Sunscreen/ After sun
- ☐ Out of Country Travel Insurance Information/Contact information/health card

CLOTHES (check and be mindful of destination temperature and climate)

- ☐ Pajamas
- ☐ T shirts and/ or Long sleeve shirts
- ☐ Pants/legging and/ or shorts
- ☐ Dress/ Dressier outfit
- ☐ Socks, bras, underwear

- ☐ Sweater
- ☐ Swim suit
- ☐ Raincoat/Umbrella
- ☐ Winter Jacket, Gloves, Scarf, Hat etc.
- ☐ Comfortable Walking/Running Shoes or boots
- ☐ Other footwear: sandals, dress shoes, flip flops/sliders to wear to the pool or during competition, comfortable walking shoes

OTHER

- ☐ Games/Cards

Notes/Recourses for when Flying:

- Recommend [Download Mobile Passport Control](#) and [Arrive CAN](#) app onto your phones
- [What can I bring \(carry-on or checked baggage\)?](#)

*** The **average** temperature in Montreal (Quebec) in March is 2 degrees (high) and -6 degrees (low). The weather in March is highly unpredictable, marking the transition from winter to spring, so conditions can vary significantly from cold and snowy to wet and sunny.