

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.
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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 *similar condition*, please ensure that you bring the appropriate medicine.**
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IMPORTANT You have to bring your **own adaptors** for your appliances (**especially laptops**) as they are different for each region, and we cannot provide them here.

- All electrical appliances should be adaptable to **120V**.
 - We are **not responsible** for any incident happening to your appliances due to use of the wrong adaptors. Please make sure that you get the right information for your appliances before leaving your country.
 - High-speed internet will be available, if you bring your laptop. You must bring your own Ethernet cable (blue or grey cable).
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PLEASE LET US KNOW AHEAD OF TIME IF YOU INTEND TO BRING YOUR LAPTOP, SO WE CAN GET THE INTERNET CONNECTION ACTIVATED IN YOUR ROOM.

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.
