

# Post-Secondary Ready: Everything you need for school

Whether you're a high school graduate venturing into the realm of post-secondary education or a returning student ready to tackle another academic year, being well-prepared is key to success.

From essential school supplies to lifestyle adjustments considerations, we've broken down everything you'll need to thrive academically and personally during your time at school at home, on-campus or abroad.

## Living Out of Province or in Another Country:

### School Supplies:

- Notebooks
- Pens
- Pencils
- Highlighters
- Binders
- Folders
- Calculator
- Laptop or computer
- Printer
- Printer paper
- USB flash drives or external hard drives

### Textbooks and Course Materials:

- Required textbooks
- Access codes for online resources
- Required readings
- Supplementary materials specified by instructors

### Study Space:

- Desk
- Chair
- Lamp or good lighting
- Bookshelves or organizers

### Time Management Tools:

- Planner or calendar
- Time management apps (e.g., Todoist, Trello)
- Alarm clock or timer

### Tech:

- Smartphone
- Laptop, iPad, tablet
- Portable mini speaker
- E-reader
- Smart watch
- Noise cancelling headphones
- Printer (if access not provided by school)
- Portable charger

### Transportation:

- Public transportation pass
- Gas money (if commuting by car)

### Financial Management:

- Budgeting tools or apps
- Bank account
- Savings account
- Part-time job opportunities or sources of income

### Clothing and Personal Items:

- Space savers and closet organizers
- Clothing suitable for all seasons
- Shoes for various occasions
- Undergarments
- Socks
- Personal grooming items (e.g., hairbrush, hairdryer)
- Shower shoes or sandals
- Shower caddy

### Dorm Room Essentials:

- Sheets
- Pillows
- Blankets
- Towels
- Toiletries (e.g., toothbrush, toothpaste, shampoo)
- Laundry basket
- Laundry detergent
- Mini fridge (if not provided)
- Microwave (if not provided)
- Electric kettle (if not provided)
- Compact cleaning Materials
- Hand and surface sanitizers
- Non-perishable snacks
- Water filter or bottled water
- Cold and Flu medication as well as any personal medications
- Tupperware and food containers
- Mini or desk fan
- Command strips or easy to remove wall adhesive
- Decorative pieces
- Wi-Fi booster
- Portable charger

### Security and Safety:

- Lockbox or safe
- First aid kit
- Emergency contact list

### Travel Documentation:

- Passport
- Visa (if required)
- Study permit (if required by the destination country)

### Housing Arrangements:

- Secure accommodation
- Understand lease agreements or housing contracts in the new location

### Financial Considerations:

- Understanding of currency exchange rates
- Knowledge of the cost of living in the new location

### Healthcare Abroad:

- International health insurance coverage
- Knowledge of local healthcare system and providers
- Vaccination requirements for the destination country

### Communication Tools:

- International calling plan or apps (e.g., WhatsApp, Skype) for staying in touch with family and friends

