PRINTABLE CHECKLIST · PERMANENT RESIDENTS

Your Canada pre-arrival checklist

Making Canada your permanent home? Use this checklist to get your documents, money, and first steps ready before you leave.

> Tick off each item as you go. For more detail on any step, read the full guide, Your Canada pre-arrival checklist, on the TD Newcomer Hub.

01 Documents and immigration paperwork

- ☐ Check that your passport is valid for your planned stay in Canada. Depending on your situation, it may need to be valid for longer.
- ☐ Keep a copy of your Port of Entry (POE) letter of introduction with you when you travel.
- ☐ Pack original or certified copies of important documents, such as birth certificates, marriage certificates, and educational transcripts.
- ☐ Make physical and digital backup copies of your important documents.
- ☐ Keep your Confirmation of Permanent Residence (COPR) and permanent resident visa (if you need one) with you when you travel.

02 Money and finances

- ☐ Plan to declare cash or monetary instruments worth $10,000 CAD or more when you arrive. You can bring any amount of money into Canada.
- ☐ Bring at least one internationally accepted credit or debit card as a backup.
- ☐ Plan for your first month of expenses, including temporary housing, transportation, groceries, and a little extra for unexpected costs.
- ☐ Keep the settlement funds documentation from your application handy in case it's requested again.
- ☐ Find out whether you can start setting up your TD account before you arrive. You'll visit a TD branch after you land to activate it.

03 Health insurance and health care

- ☐ Check the health coverage rules for the province or territory where you'll live, including any waiting period.
- ☐ Consider private or interim health insurance if there's a waiting period before your provincial or territorial coverage begins.
- ☐ Check Canada's rules for bringing prescription medications. Keep them in their original packaging, and bring a copy of your prescription or other medical documentation if needed.

04 Housing

- ☐ Book temporary accommodation for your first few days or weeks.
- ☐ Know where you'll look for longer-term housing, such as Rentals.ca, Kijiji, other online rental listing platforms, and local newcomer community groups.
- ☐ Be ready for landlords to ask for credit history, references, or proof of income. If you don't have a Canadian credit history yet, you may be able to provide other documentation or use a guarantor.
- ☐ Review lease terms and tenant rights in your province or territory before you sign a rental agreement.

05 Phone and connectivity

- ☐ Compare Canadian mobile providers. Compare Canadian mobile providers and available plan types, including prepaid and no-contract options. Availability, pricing, and eligibility vary by provider and location.
- ☐ Check whether your phone is unlocked and works on Canadian mobile networks.
- ☐ Download offline maps and translation apps so you can use them before you have Canadian mobile data.

06 Employment preparation

- ☐ Plan to apply for your Social Insurance Number (SIN) as soon as you arrive. You can apply in person at a Service Canada Centre and start working once you've applied.
- ☐ Search the Government of Canada's Job Bank for job opportunities and resources for newcomers.
- ☐ Check whether your profession is regulated in the province or territory where you'll work. You may need a credential assessment and a licence before you can practise.
- ☐ Update your résumé to focus on your skills and accomplishments rather than a list of duties, and check whether employers in your field have specific requirements.

07 Transportation and driving

- ☐ Plan how you'll get from the airport or point of arrival to where you're staying.
- ☐ Bring your foreign driver's licence. If it isn't in English or French, get an International Driving Permit (IDP) from your home country before you leave.
- ☐ Check how long you can drive with your foreign licence before you need to exchange it or apply for a local licence.
- ☐ Find out whether your home country has a reciprocal licence exchange agreement with your province or territory. Depending on the agreement, you may not need to take a knowledge or road test.

08 Climate and packing

- ☐ Research the weather in the city where you'll live.
- ☐ Pack layers for winter, including an insulated coat, waterproof boots, gloves, and a warm hat.
- ☐ Check your airline's baggage allowance, and consider shipping larger items separately instead of paying for excess baggage.

09 Community and culture

- ☐ Use the Government of Canada's newcomer services directory to find federally funded settlement services near you, including help with housing, employment, and language learning.
- ☐ Settling in Ontario? Visit Settlement.org for information and resources for newcomers.
- ☐ Look for cultural or community associations you'd like to connect with. Some have newcomer groups you can join online.
- ☐ Follow newcomer-focused social media groups or forums in your destination city.

After you land: Things to tackle first

- ☐ Apply for your Social Insurance Number (SIN)
- ☐ Register for provincial or territorial health coverage, if eligible
- ☐ Open or activate your Canadian bank account
  Set up a Canadian phone number
- ☐ Take care of any remaining housing arrangements
- ☐ Get familiar with local transportation
- ☐ Find nearby essentials, such as a grocery store, pharmacy, and walk-in clinic

Official health-plan references: OHIP (Ontario); MSP (British Columbia); RAMQ (Quebec); Manitoba Health; Saskatchewan Health; and UHIP.

This checklist is for general information only. It draws on publicly available information from the Government of Canada, provincial and territorial governments, and newcomer settlement resources. Rules change often and vary by province and territory, so always confirm current details on offcial government websites before you rely on them.