TD NEWCOMER RESOURCES

Pre-Arrival Checklist — Temporary Workers

A printable, track-specific companion to TD's full Canada pre-arrival guide.

1. Documents & Immigration Paperwork

- ☐ Valid passport, with at least 6 months' validity beyond your planned arrival date
- ☐ Port of Entry (POE) letter of introduction — printed, not just digital
- ☐ Original or certified copies of birth certificates, marriage certificates, and educational transcripts
- ☐ Digital and physical backup copies of every document above, stored separately from the originals
- ☐ Work permit approval letter, and your LMIA or offer of employment number if applicable

2. Money & Finances

- ☐ Know the currency rule: amounts of $10,000 CAD or more (cash or combined monetary instruments) must be declared to the CBSA on arrival
- ☐ Bring at least one internationally accepted credit or debit card as backup
- ☐ Budget for your first month: temporary housing, transportation, groceries, and a buffer

3. Health Insurance & Healthcare

- ☐ Purchase private or interim health insurance to cover any provincial waiting period
- ☐ Bring an adequate supply of prescription medications, plus your prescriptions and a doctor's letter

4. Housing

- ☐ Book temporary accommodation for at least your first 1–2 weeks
- ☐ Rentals.ca and Kijiji are two of the most widely used rental listing platforms in Canada; Facebook Marketplace and local newcomer groups are also common sources
- ☐ Prepare for landlords who may ask for Canadian credit history — have a larger deposit, post-dated cheques, or a guarantor ready as alternatives
- ☐ Review typical lease terms and tenant rights in your destination province

5. Phone & Connectivity

- ☐ Research Canadian mobile carriers before you arrive.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 current phone is unlocked and compatible with Canadian networks
- ☐ Download offline maps and translation apps before you have local data

6. Employment Preparation

- ☐ Apply for your Social Insurance Number (SIN) as soon as possible after arrival — required to work, get paid, and access most government services
- ☐ Search Job Bank (jobbank.gc.ca) — the Government of Canada's official job search platform, with a newcomer-specific filter and LMIA status shown on postings
- ☐ Get your foreign credentials assessed through one of the five IRCC-designated organizations: World Education Services (WES), IQAS, ICAS, CES, or ICES — all accepted equally
- ☐ Reformat your resume to Canadian conventions — typically no photo, quantified accomplishments over duty lists
- ☐ Research whether your profession is regulated in your destination province, and what additional licensing may apply

7. Transportation & Driving

- ☐ Bring your foreign driver's licence, and get an International Driving Permit (IDP) if it isn't in English or French
- ☐ Know your province's grace period for driving on a foreign licence — commonly 60–90 days, but this varies
- ☐ Licence exchanges are handled provincially — DriveTest in Ontario, ICBC in British Columbia, SGI in Saskatchewan, SAAQ in Quebec, registry agents in Alberta. Check for a reciprocal agreement with your destination province

9. Climate & Packing

- ☐ Research the climate of your specific destination city
- ☐ Plan for layered winter clothing — insulated coat, waterproof boots, gloves, warm hat
- ☐ Check airline baggage allowances; consider shipping larger items separately

10. Community & Culture

- ☐ Use Canada.ca's official newcomer services directory to find free, federally funded settlement agencies near your destination
- ☐ If settling in Ontario, Settlement.org is a particularly comprehensive province-specific resource
- ☐ Connect with cultural or community associations before you arrive
- ☐ Follow local newcomer-focused social media groups or forums for your destination city

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

This checklist draws on publicly available information from the Government of Canada (IRCC and CBSA), provincial health authorities, and established newcomer-settlement resources current as of 2026. Rules vary by province and change over time — always confirm current details on official government websites before relying on this checklist.