

Getting Started: Quarantine and Pre-Arrival Checklist

Please use this checklist to prepare for your travels, and for your [mandatory quarantine](#) in Canada.

- Review the [quarantine information](#) published by Government of Canada
- Make the necessary arrangements for your 14-day quarantine
 - Secure somewhere to stay during your quarantine housing. If you already have a place to stay in Canada where you will have a room by yourself with a private bathroom, you may quarantine there.
 - Make arrangements for meals during quarantine. Information about grocery, meal delivery and other services is available on CMU's [International Students webpage](#).
 - Make arrangements for direct transportation from the airport to your place of quarantine. Remember, it is best to avoid buses and trains. If friends or family cannot pick you up from the airport, a list of transportation options is available on CMU's [International Students webpage](#). Please ensure that you have enough Canadian money to cover the cost of your transportation.
 - Ensure you have a Canadian phone number that you can be reached at. You may order a SIM card at <https://gophonebox.com/> and have it shipped to you in your home country.
- Download the [ArriveCAN app](#) to avoid lineups and reduce points-of-contact at the border. Travellers must provide basic, mandatory information to CBSA and must do so using this app within a 48-hour window before arriving in Canada.
- Complete and submit CMU'S Quarantine Plan, Contact Information and Attestation Form. Once you send us your completed form, CMU will review, approved and email a copy signed by CMU back to you. You must have a copy of your completed form signed by CMU with you upon arrival into Canada. Returning students must complete this form in order to get a Travel Letter.
- Gather your travel/immigration documents. Please note that entry to Canada is based on essential travel and is at the discretion of CBSA Agent upon arrival at the airport. Don't forget to pack the following in your carry-on baggage:
 - Passport
 - Study Permit (for returning students)
 - Letter of Introduction (for new students)
 - Enrollment Letter or Letter of Acceptance
 - Proof of Finances, Fee Invoice and Fee Payment Receipt,
 - Travel Letter from CMU College of Makeup Art & Design
 - All documents that were required for your Study Permit application.
 - A copy of your Quarantine Plan, Contact Information & Attestation Form.
- Pack a thermometer and enough supply of PPE (personal protective equipment) for 2 weeks. Make sure you bring enough masks, gloves and sanitizer for at least the 2-week period. After 2 weeks, additional PPE can be purchased in Toronto.
- Ensure you have valid health insurance coverage in Canada. CBSA agents may ask students to demonstrate proof of health insurance coverage during their study period. Health insurance policies can be purchased by visiting [Study Insured](#) and [Guard Me](#) insurance websites.

Please remember that **quarantine is a mandatory requirement of the [Quarantine Act](#)** and not optional. If you have any questions, please contact us at international@cmucollege.com.