

First-steps pocket checklist

Canada; provincial and local requirements vary · Reviewed 2026-10-03

Choose what matters to you first. This is a preparation aid, not a required order or a list of eligibility rules. Use the linked guides for official details. You do not need to finish every task before asking for help.

- ☐ **Find a person or service to ask**
Write your most urgent question. Ask a settlement provider which services you can access and how to prepare.
- ☐ **Check identity and work documents**
Use official instructions for a Social Insurance Number if needed. Keep identity documents private.
- ☐ **Check health coverage where you live**
Use your province or territory's official health-plan information; do not assume one province's rules apply everywhere.
- ☐ **Plan housing and moving costs**
Ask what rent includes. Check local tenancy rules before paying or signing.
- ☐ **Prepare for everyday banking**
Compare fees and ask the bank which identification it accepts before a visit.
- ☐ **Explore work and language support**
Ask about local job-search help, language assessment and access requirements.
- ☐ **Find local travel and library options**
Check fares, routes and library membership arrangements in your community.
- ☐ **Find community and food support**
Use 211 or a local provider to ask about services. Confirm arrangements before travelling.

My first priority:

My next action and who I can ask:

What I need to confirm:

General preparation only. Service eligibility, accepted documents and local rules must be confirmed with the relevant official provider.

Readable HTML equivalent and related guides: <https://mapleneighbours.ca/tools/first-steps/>

Sources checked 2026-10-03 (local rules and arrangements may change):

IRCC — Settling in Canada (Canada) —

<https://www.canada.ca/en/immigration-refugees-citizenship/services/settle-canada.html>

211 Canada — local-service information (Canada) — <https://211.ca/>