

FREE CALGARY ESSENTIALS RESOURCE

Your First 72 Hours in Calgary

A calm, practical checklist for your first three days.

Start with safety and stability. You do not need to complete every government task immediately. First confirm where you will sleep, how you will communicate, how you will travel, and who to contact if something goes wrong.

Protect your documents

Keep control. Do not email identity documents to Calgary Essentials. Do not share passwords or verification codes. A SIN is confidential and is not general identification.

Keep these numbers visible

Number	Use it for
911	Immediate danger, fire, crime in progress or medical emergency
311	City information and services inside Calgary; translation is available
211	Community, food, shelter, financial, social and mental-health resources
811	Non-emergency health information from Alberta Health Services

Day 1 - Land safely

	Action	My note / status
☐	Confirm your safe accommodation and exact address.	
☐	Tell one trusted person that you arrived safely.	
☐	Connect your phone to a safe network or activate temporary service.	
☐	Save your host, landlord, employer or school contact details.	
☐	Identify the nearest food, pharmacy and urgent-care options.	
☐	Plan tomorrow's trip before going to sleep.	

Days 2 and 3 - Build your footing

	Action	My note / status
☐	Review the official SIN process if you need a SIN or need to update one.	
☐	Review Alberta health coverage eligibility and required documents.	
☐	Identify the registry service you may need for Alberta identification or licensing.	
☐	Open or compare a bank account using official consumer guidance.	
☐	Learn your nearest transit stop and test one essential trip.	
☐	Check the return trip, evening frequency and weather exposure.	
☐	Confirm your temporary accommodation end date and backup option.	
☐	Write the five most important tasks for your first 30 days.	

My immediate plan

Where I am staying:

My emergency contact:

My next essential trip:

The first office or service I need:

One question I need answered:

Official sources and current instructions

Use these official pages for eligibility, required documents, fees, forms and current procedures. Calgary Essentials does not replace the issuing authority.

- City of Calgary - Getting started in Calgary:**

<https://www.calgary.ca/communities/newcomers/getting-started.html>

- 211 Alberta:** <https://ab.211.ca/>

- Service Canada - Apply for a SIN:** <https://www.canada.ca/en/employment-social-development/services/sin/apply.html>

- Government of Alberta - Moving to Alberta: health coverage:**

<https://www.alberta.ca/ahcip-moving-to-alberta>

- Calgary Transit - How to ride:**

<https://www.calgarytransit.com/rider-information/how-to-ride.html>

- Financial Consumer Agency of Canada - Opening a bank account:**

<https://www.canada.ca/en/financial-consumer-agency/services/banking/opening-bank-account.html>

Source review: September 2026. Re-check official instructions before acting.