

Your US Shopping Guide



What and how much you can bring back to Canada

Planning a cross-border shopping trip? Print off this guide and bring it with you. Now you'll know what items and how much of them you can bring back to Canada, at a glance!

Food & Groceries

On a grocery run? Basic groceries and snacks are duty-free. But be aware of restricted items.

Items with Restrictions

Meat, fish & dairy products

These items are subject to quantity restrictions per person, per trip. If you want to bring back more than the limit, you'll need a permit.

Item	Limit
Meat & poultry products	20 kg (44 lbs) max
Fish & seafood products	20 kg (44 lbs) max
Pet food (must accompany traveller with pet)	20 kg (44 lbs) max
Cheese, butter, yogurt & ice cream	\$20 CAD (20 kg)/category
Milk	\$20 CAD (20 kg-5 gal)
Eggs	2 dozen

Fresh fruit & vegetables

Personal amounts of most fresh fruit and veggies are allowed. (This means shipments of 1 or more kinds of produce, of not more than 15 packages and weighing in total less than 250 kg excluding potatoes.*)

The following are not permitted into Canada:

- Fresh apples
- Stone fruit (e.g., apricots, nectarines, peaches)
- Corn on the cob

**For potatoes, 1 bag is allowed up to 4.5 kg of US No.1 Grade (commercially packaged).*

Non-edible Consumer Goods

You can bring most non-edible consumer goods into Canada, but you'll have to pay any duty, taxes and provincial assessments that apply.

These non-edible items may be subject to taxes:

- Cleaning products
- Toiletries
- Paper products
- Household items

Dollar Limits for Consumer Goods

Wondering about dollars and cents? Here's how much you can bring back to Canada.

If you're travelling...

- **Less than 24 hours**—no personal exemptions for same day cross-border shoppers.
- **24 hours or more**—claim goods up to \$200 (CAD) (not including alcohol or tobacco products). If you bring back more than this, you'll have to pay duty.
- **48 hours or more**—maximum of \$800 (CAD) without paying duty or taxes. (You can include some alcohol and cigarettes in this amount.)

Prohibited Items

Here are a few surprising items you're not allowed to bring into Canada.

- Baby walkers
- Infant feeding devices
- Lawn darts with elongated tips

Before you go, don't forget travel insurance. Ask your insurance provider for a Travel Underwriters' policy!

Note: These are sample requirements taken from travel.gc.ca. They can change at any time. For a complete overview, check out travel.gc.ca/returning/customs/what-you-can-bring-home-to-canada

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