

2027 CaRMS Application Free Master Checklist

5 Key Steps to Keep Your Application
on Track with Bonus Tips

Stay organized, meet key deadlines,
and track your progress through
every stage of the application
process

Visit the CaRMS website for
updated key dates www.carms.ca

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KEY DATES

APPLICATION OPENING

Jul 8, 2026	Register profile
Sep 9, 2026	CaRMS opens / sync IDs
Oct 15, 2026	Program selection opens

DOCUMENTS & REFERENCES

Oct 5, 2026	Translation deadline
Nov 25, 2026	References deadline
Nov 26, 2026	Application submission
Nov 26, 2026	File Review Begins

INTERVIEWS & RANKING

Jan 12, 2027	Interview status updates
Jan 15 - Feb 7	National interviews
Feb 11, 2027	Rank Order List deadline

MATCH RESULTS

Mar 1, 2027	Pre-Match Day
Mar 2, 2027	MATCH DAY
May 12, 2027	CaRMS Online closes

Upward Tip: Give referees as much notice as possible. Strong references come from meaningful professional relationships.

PROGRAM APPLICATIONS (SEPTEMBER - NOVEMBER, 2026)

- ✓ Review program descriptions (Available September 9, 2026)
- ✓ Confirm eligibility requirements (September - October 2026)
- ✓ Research training sites (September - October 2026)
- ✓ Review application requirements (September - October 2026)
- ✓ Create preliminary program list (By October 15, 2026)
- ✓ Select programs (October - November 2026)
- ✓ Assign supporting documents (November 2026)
- ✓ Review applications (November 19-25, 2026)
- ✓ Submit applications (By November 26, 2026 at 12:00 PM ET)

Upward Tip: Organization reduces stress. Create your own calendar reminders well ahead of official deadline.

INTERVIEW PREPARATION (JANUARY - FEBRUARY 2027)

- ✓ Monitor interview offers (through January 12, 2027)
- ✓ Schedule interviews (January 2027)
- ✓ Review program information (January - February 2027)
- ✓ Prepare key examples and experiences (January 2027)
- ✓ Practice interview responses (January - February 2027)
- ✓ Develop questions for programs (Before each interview)
- ✓ Complete mock interviews (January - February 2027)
- ✓ Attend interviews (January 15 - February 7, 2027)
- ✓ Record reflections after each interview (Immediately after)

PROGRAM EVALUATION, RANKING & MATCH DAY (FEBRUARY 2027)

- ✓ Compare programs
- ✓ Consider training environment
- ✓ Reflect on personal priorities
- ✓ Consider geographic preferences
- ✓ Review interview experiences
- ✓ Develop preliminary ranking
- ✓ Review programs
- ✓ Complete Rank Order List
- ✓ Submit Rank Order List (February 11, 2027 at 2:00 PM ET)
- ✓ Save confirmation
- ✓ Confirm Match Day date
- ✓ Understand unmatched applicant options
- ✓ Prepare for transition to Residency

Upward Tip: Rank programs according to your true preferences. Not where you think you are most likely to match.

5 KEY STEPS & BONUS TIPS

GETTING STARTED (JULY - SEPTEMBER 2026)

- ✓ Review CaRMS timeline (July 2026)
- ✓ Create CaRMS account (Registration opens July 8, 2026)
- ✓ Complete applicant profile (September 9 - October 2026)
- ✓ Enter education history (September - October 2026)
- ✓ Enter work experience (September - October 2026)
- ✓ Enter volunteer activities (September - October 2026)
- ✓ Enter scholarly activities (September - October 2026)
- ✓ Add examination information (September - October 2026)
- ✓ Review profile for accuracy (September - October 2026)

Upward Tip: Start building your application early. Strong applications are built over months, not days.

SUPPORTING DOCUMENTS (SEPTEMBER - OCTOBER 2026)

- ✓ Identify required documents (September 2026)
- ✓ Update CV (September - October 2026)
- ✓ Request reference letters (September - October 2026)
- ✓ Monitor referee submissions (October - November 2026)
- ✓ Obtain transcripts (September - October 2026)
- ✓ Confirm MSPR requirements (September - October 2026)
- ✓ Draft personal letters (October - November 2026)
- ✓ Review supporting documentation (November 2026)
- ✓ Assign documents to programs (November 2026)

Want more than a checklist? THE ULTIMATE TOOLKIT includes:

- CV planning worksheets
- Personal statement tools
- Reference request templates
- Interview preparation resources
- Program comparison worksheets
- Application strategy guides

Visit upwardstrategies.ca to learn more