



Costs of CaRMS Worksheet – Class of 2023

Estimated Cost of CaRMS

Source: OCA&M Post-CaRMS Survey
(Including carms.ca, travel for CaRMS interviews, and other expenses)

Class of 2022 - No Out-of-Province Travel

Range: <\$1000 to \$2000 - \$4000
Mean: ~\$1500
Mode: <\$1000

Class of 2021 – No Out-of-Province Travel

Range: <\$1000 to \$4000 - \$6000
Mean: ~\$1300
Mode: <\$1000

Class of 2020 – Full Travel until March

Range: \$1000 - \$2000 to >\$8000
Mean: ~\$3800
Mode: \$2000 - \$4000

Class of 2019 – Full Travel

Range: <\$1000 to >\$8000
Mean: ~\$4000
Mode: \$2000 - \$4000

Estimated Cost of Electives

Source: OCA&M Post-CaRMS Survey
(Including application fees, travel, accommodations, and any other expenses)

Class of 2022 - No Out-of-Province Travel

Range: <\$1000 to >\$8000
Mean: \$2000
Mode: <\$1000

Class of 2021 – No Out-of-Province Travel

Range: <\$1000 to \$2000 - \$4000
Mean: ~\$1400
Mode: <\$1000

Class of 2020 – Full Travel until March

Range: \$1000 - \$2000 to >\$8000
Mean: ~\$5300
Mode: \$4000 - \$6000

Class of 2019 – Full Travel

Range: <\$1000 to >\$8000
Mean: ~\$4800
Mode: >\$8000

Minimizing Costs

- [CMA](#) Member Discounts
- [CFMS](#) Discounts
- [CaRMS Tips from an R1 in Neurology](#) – see CaRMS Tours section
- [LMCC costs](#) and [Tuition Tax Credit](#)



Expected Costs

EXPENSE	PLAN	ACTUAL
Electives		
Base Application Fee		
Additional Applications		
Flights	N/A for Class of 2023	N/A for Class of 2023
Car Travel (gas, unexpected costs, etc.)		
Accommodations – In Province		
Accommodations – Out of Province	N/A for Class of 2023	N/A for Class of 2023
Transit to and from hospital/practice	N/A for Class of 2023	N/A for Class of 2023
Food (groceries, takeout, restaurant)		
Other expenses		
Electives Subtotal		
CaRMS Applications		
Base Cost with 4 Program Applications \$290.84		
Additional Applications (# of programs x \$57.20)		
CaRMS Interviews		
Flights	N/A for Class of 2023	N/A for Class of 2023
Car Travel (gas, unexpected costs, etc.)	N/A for Class of 2023	N/A for Class of 2023
Accommodations	N/A for Class of 2023	N/A for Class of 2023
Food (groceries, takeout, restaurant)	N/A for Class of 2023	N/A for Class of 2023
Professional Clothing (at least 2 outfits)		
Virtual – Backdrop, lighting		
Other expenses		
CaRMS Subtotal		
Casper (\$100 to take + distribution cost)		
FMPProC (check CaRMS program descriptions)		
LMCC Costs \$1685 (application fee + physiciansapply.ca)		
TOTAL		

NOTES