Unity audio file formats accepted: ( .aif, .wav, .mp3 and .ogg)

3D package support: (3DS max (.max), .FBX, .3DS, .obj)  
Cinema4D 10 has a buggy FBX exporter. Please see [here](http://unity3d.com/support/documentation/Manual/HOWTO-ImportObjectCinema4D.html) for workarounds.

Support image formats: ( .psd, .tiff, .Jpeg, .PNG, .GIF. BMP, .TGA, .IFF and .PICT)

Supported Video Formats: .MOV, .AVI, .ASF, .MPG, .MPEG and .MP4

Unity has an asset store of which you can download pre-existing models.