

PACKING LIST – CANADIAN ROCKIES – SUMMER

PACK YOUR BAGS!

The AdventureWomen team has curated this list for your adventure in the Canadian Rockies. It is meant to provide packing guidelines, but please also think about how you travel and what works for you as individuals. If you have any questions, please don't hesitate to ask! It's what we are here for.

Dress for the Weather

Be prepared for a range of weather, and dress in layers. Weather is always unpredictable in the mountains - dress accordingly. You will want outdoor clothing and gear to be safe and comfortable. Most summer and fall days you will be comfortable in a t-shirt and light pants, however, you should still be prepared for rain and maybe snow at higher elevations - weather in the mountains is always unpredictable!

PACKING CHECKLIST

Clothing & Gear

- Duffel bag or small suitcase
- Daypack with rain cover
- Medium-weight waterproof hiking boots or shoes (make sure they are broken in!)
- 1 pair sandals
- Comfortable shoes for evenings
- Gore-Tex/waterproof jacket
- Gore-Tex/waterproof pants
- 1 medium weight fleece sweater/jacket to layer under rain shell
- 3-4 short sleeve shirts (quick dry recommended)
- 1-2 long sleeve shirts (quick dry recommended)
- 2-3 pairs of pants
- 1-2 pairs of shorts
- Bathing suit
- 4-5 pairs of wool hiking socks
- 1 wool or fleece hat
- 1 pair wool or fleece gloves
- Sleepwear
- 2 24-ounce water bottles
- Hat for sun protection
- Sunglasses with UV protection
- Underwear & bras

AdventureWomen Essentials

- Travel documents (passport, airline tickets/itinerary, travel insurance policy number) and money
- 2 spare passport photos (in case of lost passport)
- Optional locks for your luggage
- Optional travel alarm clock with spare batteries
- Headlamp with spare batteries
- Optional camera, memory cards, battery charger
- Phone chargers and power bank (optional)
- Optional spare glasses, contact lenses, cleaner, saline, etc.
- Money belt or neck pouch
- Sunscreen and lip balm with SPF
- Hand wipes/hand sanitizer
- Toiletries: soap, shampoo, and conditioner; toothbrush, toothpaste; small packet of tissues; tampons and panty liners (avoid plastic applicators)
- Earplugs - we recommend silicone earplugs
- Optional assorted stuff sacks and bags - consider bringing nylon or silicone bags to reduce the use of disposable plastics
- Reading material/journal and pens

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Personal First Aid Kit

- Prescription medicine you usually take (in original containers)
- Personal epi pen – if you need one, don't forget to pack it!
- Seasick/airsick medication (if prone to sea sickness)
- Bandages, gauze, ace bandage, blister prevention
- Antiseptic wipes/spray
- Antibiotic ointment
- Cotton-tipped applicators
- Oral rehydration tablets/packets – helpful to rehydrate at higher altitudes
- Antidiarrheal medication
- Mild laxative
- Antacid
- Cold remedies
- Ibuprofen/acetaminophen
- Eye drops
- Tweezers, scissors (travel size), safety pins

Please note you'll be taking different modes of transportation that could cause motion sickness, and you'll be tasting many different foods. Please be sure to consult a travel doctor if you have any concerns and bring prescription and over-the-counter medicine you feel YOU will need for this trip.