

PACKING LIST – CANADIAN ROCKIES - WINTER

PACK YOUR BAGS!

The AdventureWomen team has curated this list for your Canadian Rockies Winter adventure. 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

Weather is always unpredictable in the mountains - dress accordingly. You should expect temperatures anywhere from 32°F to -15°F. Usually you can expect the temperatures to be in the 30s and 40s during the day in mid-winter. You need to dress warmly and insulate. A good down jacket, fleece, warm hat, gloves, neck warmer, long underwear, and warm boots are a must.

PACKING CHECKLIST

Clothing & Gear

- Duffel bag or small suitcase
- Daypack with rain cover
- Sturdy winter boots you can hike in
- 2-3 long underwear tops
- 2-3 long underwear bottoms
- 1 wool, fleece, or synthetic mid-layer top
- 1 down or synthetic winter jacket
- 1 pair synthetic pants (jogging or hiking pants work)
- Gore-Tex/waterproof jacket
- Gore-Tex/waterproof pants (insulated or shell pants)
- Warm winter hat
- Warm gloves/mittens
- Neck warmer
- Bathing suit
- Underwear & bras
- 4-5 pairs of wool hiking socks
- Sleepwear
- Water bottle or thermos
- 1-2 casual outfits for evenings at hotels
- 1 nicer outfit for farewell dinner
- Gaiters (optional)

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 (will also be provided by the hotels); toothbrush, toothpaste; small packet of tissues; tampons and panty liners (avoid plastic applicators)
- Optional Earplugs - we recommend silicone earplugs
- Optional assorted stuff sacks and bags for organization - consider bringing nylon or silicone bags to

PACKING LIST – CANADIAN ROCKIES - WINTER

reduce the use of disposable
plastics

- Reading material/journal and pens

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!
- Motion/airsick medication (if prone to motion 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.