



# PACKING LIST

## Basics



There is no packing list that fits everything and everyone. We all have different needs. However, after years of travelling both Canada and the world, we have tailored a list of "Basics" that we pack for every single trip, no matter the location or season. You may cross-out or add some things but as mentioned, this is a list that suits our basic needs and we hope it helps you pack for your next adventure in Canada or beyond.

For more specific advice, check out our other packing lists based on weather and/or activity.

### Clothes

- Outfits\*
- Underwear
- Socks
- Swimming suit\*\*
- Flip-flops / sandals
- Comfortable shoes
- Light jacket and/or sweater
- Formal or dressier outfit (including shoes)- for more formal restaurants. \*\*\*
- Workout outfit
- Pijamas
- Rain Jacket

\*A person's degree of comfort at any temperature is unique to each person. You can definitely use the same kind of clothes during spring, summer and fall as long as there is no snow on the ground.

Summers in Canada are short and can get very hot depending on the region. Temperatures can range from 10°C to 40°C. Spring and fall are cooler and tend to have more rain. In general, temperatures drop in the mornings and evenings, and for this reason we always carry a light jacket or sweater.

Winters in Canada are extreme and special gear might be needed. Check out our Winter Packing List for more specific advice.

\*\* There are usually pools, hot tubs and/or saunas, and sometimes a gym at the hotels, so we like to take advantage of them.

\*\*\* Sometimes one pair of shoes does the trick for everything, such as Vans Classic Slip-on Shoes. Especially for backpacking, you don't want to have different shoes for everything you do.



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As a first-world country, you can buy anything you need in Canada, so use this list only as a guide to not forget the essentials (you may cross-out or add items) and to bring what you have from home in order to reduce some expenses and not go out of your way to buy something you already have.

### Toiletries

- Toothbrush
- Toothpaste
- Razor
- Dental Floss
- Shampoo & Conditioner\*
- Soap or Shower Gel\*
- Hair Product
- Comb/Brush
- Deodorant

### Female Products

- Hair dryer and/or flat iron\*\*
- Cosmetics
- Hair Accessories
- Menstrual products

\*Most types of accommodation provide these products but we rather carry our own to avoid waste. Plus, they're not always the best quality.

\*\*Most accommodations provide hair dryers.

### Miscellaneous

- Earplugs
- Eye mask
- Sunglasses
- Zip-lock bags
- Sunscreen
- Reusable water bottle

### Medical Kit

- Band-Aids
- Antibacterial Cream
- Eyedrops
- Medication
- Tylenol
- Hand sanitizer

### Electronics

- Laptop/tablet and charger
- Phone and charger
- Camera and tripod
- Adapter (if needed)