



PACKING LIST

Winter



Winters in Canada are extreme and vary from region to region. It's one of the coldest countries on Earth and temperatures can be very different across the country, ranging from 8°C to - 48°C. Check out the Environment Canada website for more information about the weather/climate of the places you're planning to visit.

It's impossible to come up with a definitive packing list as winter conditions can change drastically and a person's degree of comfort at any temperature is unique to each person. However, here are two winter scenarios to get yourself better prepared for your trip to Canada during the winter months in order to stay comfortable, and avoid frostbite and/or hypothermia.

Mild Winter

- Thermal underwear -top and bottom (optional)
- Thermal/merino socks (optional)
- Pants
- T-shirts
- Water resistant shoes
- Warm hat or earmuffs
- Neck warmer or scarf
- Gloves or mittens
- Fleece sweater or warm vest (optional)
- Warm Jacket
- Sunglasses*

Harsh Winter (below -5)

- Thermal underwear - top and bottom
- Thermal/merino socks
- Pants
- T-shirts
- Winter boots (well-insulated)
- Warm hat or earmuffs
- Neck warmer or scarf
- Gloves or mittens (well-insulated)
- Snow-pants
- Fleece sweater or warm vest (optional)
- Well insulated warm jacket
- Sunglasses*

*There are sunny days during the winter and snow reflects the sunshine.

Extra tip: Something that we always like to have as a backup are chemical warmers, which are small (mostly disposable) packets that produce heat after shaking the them. Depending on the brand, it can hold heat for several hours and they are available for hands and feet. Most of them are eco-friendly.



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Clothing Recommendations:

When planning what to pack and how to dress for the day, not only do you have to know the weather conditions but you should also take into consideration the activity you're planning to do and how long you're going to be outside. The longer you spend outside and the colder the weather is, the better the clothes you'll need to wear.

Here are some clothing features and tips that will help you pick the right clothes for your trip:

- Dress in Layers: This is the best solution if you don't have the proper insulation in your clothes and/or need an easy way to stay comfortable if the weather changes throughout the day. However, don't dress with more than 3 layers, as this won't allow the body to move freely and could also cause you to sweat.
- Water resistant: This is crucial in snowy and rainy conditions so you don't get wet and cold.
- Moisture-wicking or merino fabrics: Besides not dressing warm enough, overdressing and sweating can also make you cold. Choosing fabrics that won't hold moisture can make a huge difference.
- Insulation: There's an old saying: "There is no bad weather, only bad clothes". You'll want to use the right insulation in jackets, snow-pants and winter shoes. Check the rating, especially in very low temperatures.

Snow activities and sports:

Take into consideration all the recommendations mentioned above but the most important part is to wear water-resistant clothing to stop yourself from getting wet. Depending on the activity you're planning to do, you would need additional gear, which in most cases you can rent from an outdoor store or ski resorts and hotels. However, you'll want to check this in advance.

Another thing to note. If you're not planning on doing outdoor activities and will mostly be exploring cities, you won't need to be as prepared. All buildings, public transportation, cars, and accommodation are heated. So, if you're just walking around the city, you can always walk into a store or a mall and warm up.