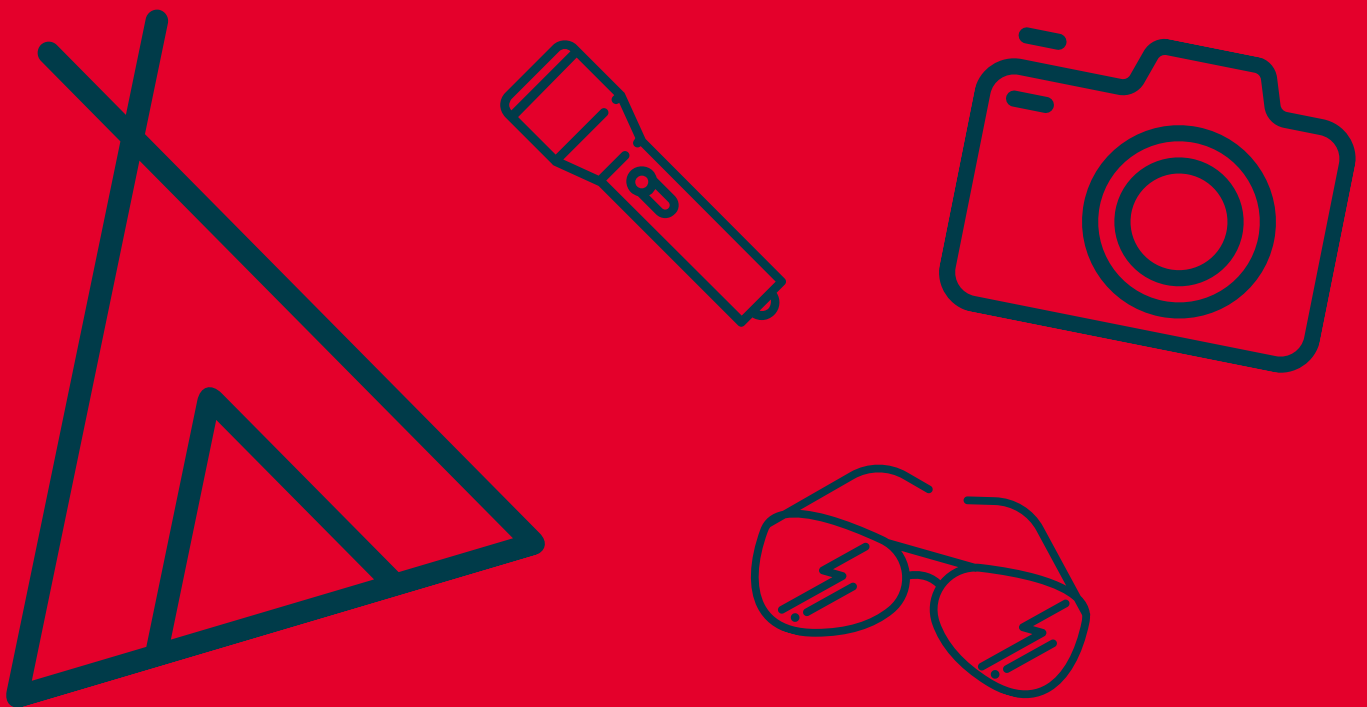




PACKING LIST

Guide





PACKING LIST

Basics



@mustdocanada

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.



PACKING LIST

Basics



@mustdocanada

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)



PACKING LIST

Summer Hiking Day Trip



@mustdocanada

When choosing what to bring on a day hike as well as what to wear, it's important to first check the weather forecast, the hiking conditions and landscape, and to think about how far you are planning to hike. In general, the longer and/or more remote the hike is and the more inclement the weather, the more clothing, gear, food and water you're going to want.

If you've never hiked before or you're just getting into day hiking, be sure to read some Hiking for Beginners article before you head out. These should give you tips and recommendations for hike planning and gear recommendations. Also, if it's not a "hard-core" hike, don't go overboard. We've hiked in running shoes before with a simple backpack and a water bottle. It all depends where you're going.

Essentials

- Hiking Backpack
- Plenty of food
- Plenty of water
- Sunglasses
- Mosquito Repellent
- Sunscreen & SPF-rated lip balm
- Sun hat
- Small first-aid kit
- Phone
- Camera and tripod
- Maps

Additional

- Lightweight warm jacket or vest
- Rainwear (jacket and pants)
- Back-pack rain cover

Optionals

- Trekking poles
- Packable lantern
- Bear Spray*
- Knife or multi-tool

Outfit Recommendations:

- Dress in layers: Weather can change along the hike and throughout out the day.
- Wear Moisture-wicking clothing: It will keep you dry and more comfortable.
- Stretchy Bottoms: Depending on the difficulty of the hike, you want to move your legs without any restriction.
- Comfortable shoes or hiking boots: You always want to have a good pair of shoes. Something with a good sole and grip is always a good idea.

* Depending on where you are, bear spray might actually be essential. Not everyone takes it, but for example, in Banff National Park, bear spray could save your life if you come across a bear.



PACKING LIST

Winter



@mustdocanada

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.



PACKING LIST

Winter



@mustdocanada

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.



PACKING LIST

Summer Camping



@mustdocanada

Camping during the summer is a very popular activity across Canada. It's a great way to enjoy time in nature and it's the best way to enjoy the national and provincial parks. With different types of campgrounds offering various levels of amenities and services, you are sure to find a campsite that suits your needs.

This list is based on front-country camping, or "car camping" as it's also known, which allows you to drive your vehicle right to the site and unload at the exact spot where you are setting up camp.

Most campsites include a picnic table, a place to park your car and a spot to pitch your tent. Many also have shared bathrooms and running water. Part of the joy of camping is not bringing too many things with you. But it's also nice to have a comfortable, convenient and homey campsite.

While you're packing, use this handy camping checklist to make sure you don't forget anything important. This is a comprehensive list, and we don't expect you to bring every item — though we won't judge you if you do!

Campsite

- Tent and stakes (and rain cover or tarp)
- Tent footprint (for extra floor protection)
- Sleeping bag
- Sleeping pad
- Pillow and blankets (optional)
- Headlamp or flashlight (with extra batteries)
- Camping chairs
- Lantern (and fuel or batteries)

Campsite Extras

- Bear Spray
- Cards and games
- Book/reading material
- Binoculars
- Camp table (if no picnic table)
- Firewood (if campsite doesn't sell)
- Clothesline with clips
- Sunshade, tarp or screenhouse
- Games and toys
- Dog gear
- Dry bags, stuff sacks or clear plastic bins to store items



PACKING LIST

Summer Camping



@mustdocanada

Kitchen

- Stove and fuel
- Cooking pots and pot holder
- Frying pan
- Eating and cooking utensils
- Bottle opener, can opener, corkscrew
- Sharp knife and scissors
- Mugs/cups
- Dishes/bowls
- Cutting board
- Small food-storage containers/bags/foil
- Camp sink or wash bin
- Table cloth
- Pot scrubber/sponge(s)
- Biodegradable soap
- Dish towel
- Napkins
- Lighter/matches
- Cooler
- Ice or ice substitutes
- Water bottles
- Water Container
- Garbage bags

Kitchen Optionals

- Camp grill and fuel
- Grill rack
- Griddle
- Charcoal
- Portable coffee/tea maker
- Marshmallow/hot dog roasting forks

Tools & Repair Items

- Multi-tool
- Duct tape
- Extra cord
- Pad/mattress repair kit (optional)
- Mallet or hammer (for hammering tent stakes)
- Saw or axe (for cutting firewood)
- Small broom and dustpan (to clean up inside tent)



PACKING LIST

Summer Camping





@mustdocanada

Sun & Bug Protection

- Sunscreen
- SPF-Lip balm
- Insect repellent
- Insect repellent candles

Personal Products

- Outfits
- Sun hat & Sunglasses
- Toothbrush & toothpaste
- Brush/comb
- Eye mask and earplugs (if needed)
- Medication
- Mirror (optional)
- Cosmetics 
- Menstrual products 

Health & Hygiene

- Toilet paper
- Biodegradable soap
- Baby wipes (optional)
- Hand sanitizer
- First-Aid kit
- Quick-dry towel

Electronics

- Camera (with extra batteries) and tripod
- Cellphone and charger
- Solar and/or portable power or car charger/adaptor
- Music player - with speaker or headphones (optional)