

# ADVENTURES

*in good company*

## CANADIAN ROCKIES HIKING HOLIDAY PACKING LIST

### FOOTWEAR

- ❑ 1 pair of lightweight to **midweight hiking boots**. Break them in before travel.
- ❑ 1 pair of comfortable **shoes** to wear after hiking (shoes, sandals, crocs)
- ❑ (Optional) 2 pair thin liner **socks**:
- ❑ 1 shower **shoes** (e.g. flip flops. Optional, since showers are shared)
- ❑ 2-3 pair hiking socks: (wool or synthetic equivalent: **Smartwool, Bridgedale, Darn Tough**)

### EQUIPMENT/ESSENTIALS:

- ❑ Passport & photocopy of it
- ❑ 1 pair **Trekking poles** (required)
- ❑ 1 **daypack** large enough to hold water, lunch, rain gear, camera, snacks, extra layers, patch kit, and sunscreen. (30-40 liters.)
- ❑ Capability to 'waterproof' your backpack. Either a **rain cover** or a **heavy-duty plastic bag** to line your pack.
- ❑ 2 one-liter water **bottles** or a hydration **system** that fits in your pack
- ❑ **Sunglasses** (100% UV protection) w/**retention strap**
- ❑ 1-2 **bandannas** or **buff**
- ❑ Small **headlamp** or flashlight
- ❑ **Ear plugs** (for a good night's sleep!)

### CLOTHING

- ❑ 2 pairs comfortable, lightweight, synthetic hiking **pants - zip-offs** work well.
- ❑ 1 pair **shorts** or a hiking **skirt**
- ❑ 1 lightweight long-sleeved **shirt** for sun/bug protection - button up front is the best
- ❑ 1 pair lightweight long underwear **top** and **bottoms** - silk, wool or synthetic equivalent
- ❑ 1 medium-weight top layer: wool shirt/**pullover** or synthetic equivalent. A lightweight fleece pullover or a fleece **vest** works well for this layer
- ❑ 1 mid-weight fleece **jacket**
- ❑ 3 synthetic or lightweight **merino wool T-shirts** or short-sleeved **shirts**
- ❑ 1 ball cap or **hat** for protection from the sun
- ❑ Lightweight wool or fleece **hat**, - or **buff**
- ❑ 1 pair of WARM windproof, water resistant **gloves** or **mittens**
- ❑ 1 rain **parka** and rain **pants/** - waterproof fabric like Goretex
- ❑ **Underwear** and nightwear
- ❑ 1-2 changes of comfortable clothes to wear after hiking - try **Toad & Co** for sustainable options!

- ☐ [Sunscreen](#) and [lip protection](#)
- ☐ Extra snacks (snacks will also be provided)
- ☐ Plastic, tupperware type [container](#) for lunch/sandwich
- ☐ [Bug spray](#)
- ☐ [Swimsuit](#) for hot tub
- ☐ [Towel](#) (bath towels are not provided at our VRBO. We can do laundry during our stay to wash your towel.)

### TOILETRIES (SMALL EVERYTHING)

- ☐ [Toothbrush](#) and [toothpaste](#)
- ☐ Dental [floss](#)
- ☐ Hand [sanitizer](#)
- ☐ [Shampoo](#)
- ☐ Personal items (contact lens supplies, sanitary items, personal medications - **Epipen if needed**)
- ☐ Personal [first aid/patch kit](#) - Band-Aids, 1 safety pin, moleskin, Compeed (or blister bandages), ibuprofen

### OPTIONAL

- ☐ Camera and film/memory card (extra batteries)
- ☐ [Pocketknife](#)
- ☐ Cell phone, charger
- ☐ Short ankle [gaiters](#)
- ☐ [Wristwatch](#)/travel alarm clock
- ☐ Compact [binoculars](#)
- ☐ [Journal and pen](#)
- ☐ [Lightweight umbrella](#)
- ☐ [Sit pad](#) (for sitting on the ground during trail breaks and lunches). Could be one section of a closed cell foam sleeping pad.
- ☐ [Bathing suit](#) (pool at Holiday Inn)
- ☐ [Wash Cloth](#) (if you use one)

**ADVENTURES IN GOOD COMPANY'S** packing list includes items to help you be prepared for the various activities and conditions. It is not personalized, so please add the items that you require to travel safely and comfortably but remember – less is better! You may not use everything you bring; however, you need to come prepared for all possible weather. At the same time, you must be able to carry your own luggage, sometimes up and downstairs. Bringing a duffel bag or soft-sided suitcase with wheels, rather than a hard-sided suitcase, is easier for packing into the vans that will be transporting our luggage. As space for luggage on our trips is limited, please do not overpack!

**DAYPACKS:** Your daypack should be large enough to hold the following items: 3 liters of water, rain gear, lunch/snacks (for the day), sunscreen, a warm layer (fleece pullover or vest), personal first aid kit, lightweight gloves, warm hat and personal items such as camera, etc. We recommend a daypack with a capacity of between 30 – 40 Liters (1800 and 2400 cubic inches) with a hip belt, padded shoulder straps, and 'lifters'. Before you leave home, check to be sure that it is comfortable to wear all day and has sufficient space for all of your items.

**PACK COVER:** These are waterproof/resistant, usually elasticized covers designed to go over your backpack and keep both the pack and its contents dry in case of inclement weather. Pack covers are sized. If you are purchasing a pack cover, be sure to either take your pack with you or know the size cover you need. Many daypacks do come with built-in pack covers. An alternative to purchasing a pack cover is to use a heavy-duty plastic bag to line your pack to protect the contents from rain – your pack, however, will get wet using this method.

**FOOTWEAR:** Well-fitting, sturdy boots or trail shoes are very important to your safety and enjoyment. If you plan to buy new boots, break them in by wearing them around town and taking some short hikes before your trip. For general hiking, lightweight or midweight cordura or leather boots with a Vibram sole work well. If you have weak ankles or are recovering from an ankle injury, get boots that come above the ankle– you'll find that this will give you more support in uneven or slippery terrain. Remember to waterproof your boots before the trip. Even boots billed as 'waterproof' need to be treated with a waterproofing product.

**CLOTHING:** The clothing listed on the packing list has been chosen for your specific trip conditions and for its versatility for layering. NO COTTON for your activewear! It should all be made from synthetic/synthetic blends, down/down blends, or wool/wool blends. Layering is the most practical and efficient method of insulating the body. Several layers of varied-weight materials provide better insulation than one thick layer of clothing. Also, adding or subtracting layers allows you to adjust to the temperature at your particular level of activity.

**RAIN GEAR:** You will need a parka or jacket made of coated nylon or a waterproof/breathable fabric like Gore-tex, Hellytech, Membrane, H2No, or Ultrex. Be sure it keeps water out. Before making this necessary purchase, be sure that it fits you properly. It should be large enough to fit over all your layers. In particular, the hood needs to be effective. It should shield your face from the rain and turn with your head. Movement of your arms must not interfere with the hood. Put on your daypack; can you still raise your arms? Your wind/rain pants should be comfortable, allow enough room for your layers, and permit free movement of your legs. Partial or full-length leg zippers are helpful for easily putting your pants on over your boots.

**HYDRATION:** Being able to easily access your water without assistance so that you can drink frequently is important to your safety and enjoyment. One method is to have a water bottle attached to your waist strap. Another option is to use a HYDRATION SYSTEM such as Camelbak, Platypus, and MSR bladder bags, which are collapsible water bags with a hose attachment that you drink from. The bags fit inside or outside your pack with the hose positioned over your shoulder so that you can access your water as you hike. Bladder bags can hold 1 - 3 liters of water.

**PERSONAL FIRST AID KIT:** Bring a small first aid kit with familiar medicine and first aid supplies you might need. Recommendations include the following: blister or foot remedies like moleskin, Compeed, blister bandages, a small roll of duct tape (always helpful!), and personal medications. The guides will have a first aid kit, but having what you know works well for you is a good idea.

**TREKKING POLES:** Trekking poles are required for this trip. Trekking poles contribute to your safety by improving your balance and stability and to your health by saving stress on your hips and knees. If you are not familiar with trekking poles, read this blog post that addresses the most commonly asked questions: [Trekking Poles for Hiking Trips: The 4 Most Common Questions](#)

***Disclaimer:** This packing list features some affiliate links. This means AGC gets a small commission if you make a purchase (at no extra cost to you). Thank you for the support!*

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