

PACKING LIST – CANADIAN ROCKIES HIKING HOLIDAY

FOOTWEAR

- 1 pair of midweight hiking boots: It is recommended that boots come over the ankle and broken in.
- 1 pair of comfortable athletic shoes, Crocs or Teva sandals for wearing around the hostels & in town.
- 3-4 pairs of hiking socks (wool or synthetic equivalent: Smartwool, Thorlo, Ultimax)
- 1 pair synthetic, lightweight liner socks (**not everyone prefers sock liners**)
- 1 shower shoes (e.g. flip flops. Optional, since showers are shared)

CLOTHING

- 2 pairs of comfortable long pants, one for hiking and one for wearing other times. Zip-offs work well
- 1 pair of shorts
- 3 synthetic or lightweight wool T-shirts or short-sleeved shirts
- 1 lightweight, long-sleeved shirt for hiking - button up front is the best
- 2 pair lightweight long underwear top: wool or synthetic equivalent (i.e. Capilene, Polartec, or polypropylene)
- 2 medium-weight top layers: wool shirt/pull-over or synthetic equivalent. A fleece or vest works well for this layer.
- 1 warm fleece jacket
- 1 puffy jacket to seal in the warmth of other layers (ratings of 600+ fill are recommended)
- 1 rain jacket and rain pants: coated nylon or a **waterproof**/breathable fabric like Gore-tex.
- Long underwear/nightwear
- 1 pair lightweight wool, Capilene, or Polartec gloves and 1 warm wool or fleece hat
- 1 wide-brimmed hat or ball cap for protection from the sun
- 1-2 changes of casual clothes to wear at the end of the day

TOILETRIES (small everything)

- Toothbrush, toothpaste, dental floss, hand sanitizer, shampoo, soap, contact lens, paraphernalia, & sanitary items
- Sunscreen and lip protection with sunblock of at least SPF 15
- Personal first aid/patch kit - Band-Aids, 1 safety pin, moleskin, Compeed (or blister bandages), ibuprofen, any personal medications

Please note: Individuals who have had or have the potential for a severe allergic reaction to insect stings, specific foods or medications must bring an epi-pen. Please consult your physician and tell your guide.

EQUIPMENT/ESSENTIALS

- 1 pair Trekking poles required
- 1 daypack - large enough to hold your supplies for the day (water, snacks, sunscreen, insect repellent, raingear, fleece jacket, wool hat and gloves, personal patch kit, etc.) – see packing notes
- Capability to 'waterproof' your backpack. Either a rain cover or a heavy plastic bag to line your pack.
- Capacity to carry 2 liters of water – either 2 one-liter bottles or hydration system
- Sunglasses (100% UV protection) w/retention strap
- Small headlamp or flashlight
- Ear plugs (for a good night's sleep!)
- Tupperware-like container for sandwich/lunch
- Passport** and Xeroxed copy
- Your favorite snacks (some snacks will be provided but bring along anything you can't live without)
- insect repellent
- 1 – 2 bandanas/buff
- Wristwatch/travel alarm clock

OPTIONAL

- Camera (extra battery) and film/memory card
- Binoculars
- Wristwatch/travel alarm clock
- Bathing suit (pool at first and last night's hotel)
- Book, notebook, journal
- Short Gaiters
- Wash Cloth (if you use one)

NOTES ON PACKING

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: 2 liters of water, rain gear, lunch/snacks (for the day), sun screen, extra warm layers (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 1800 and 2400 cubic inches with a hip belt, padded shoulder straps, and 'lifters'. Line your daypack with a durable plastic bag to keep your belongings dry, or have an elasticized pack cover that fits snugly over it. 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. **Note: Fanny-packs and hydration packs are not large enough to hold all of the items you will need for the day.**

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.

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, or similar, a small roll of duct tape (always useful!), remedies for respiratory ailments, stomach ailments, sore muscles or joints. The guides will have a first aid kit but having what you know works well for you is a good idea.

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 active wear! 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 a coated nylon or a waterproof/breathable fabric like Gore-tex, HellyTech, Membrane, H2No, or Ultrex. **Be sure it keeps water out.** Before making this important 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 (for example, can you crouch comfortably?). Partial or full-length leg zippers are useful for easily putting your pants on over your boots. An inexpensive plastic poncho will both leak and tear easily and is not recommended.

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.

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, [click here to read this blog post](#) that addresses the most commonly asked questions.