

Packing Checklist

Newfoundland Active Adventure

Come prepared for all kinds of weather! In Newfoundland locals will tell you, “If you don’t like the weather, wait 10 minutes!”

Choose dual-purpose, lightweight clothing that you can efficiently layer. Merino wool and synthetic fabrics like polar fleece are recommended over anything cotton or denim for their quick-drying and sweat-wicking capabilities.

If you’re not sure what any of the items in the packing list are, please ask us or your nearest outdoor outfitter. We want you to be Girl Scout-prepared for your adventure ahead!



tip: Before your trip, become well-acquainted with your gear—especially your hiking boots, poles (if desired) and backpack. Wear your day pack on training hikes and gradually increase the weight that you are carrying so when you strike off on day one, your pack feels snug like your favourite pair of jeans!

Required Items

- Main piece of luggage such as a sports bag with wheels, a soft sided suitcase, a backpack or similar. 50L should be sufficient!
- Small daypack (10-20L). This will be for carrying water, your packed lunch, camera and rain gear. Backpacks with a waist and chest strap are recommended for long days

in the hills to alleviate weight from your shoulders. A snug day pack rain cover is recommended

- Hiking boots—these are required for most days of the trip. They must be comfortable, well-loved, worn-in and waterproof!
- Running/trail shoes or sandals for sea kayaking and to comfortably switch into at night if your hiking boots are soggy
- Socks: three or four pairs of merino wool socks like Darn Tough or Smartwool
- Waterproof jacket and pants. A waterproof, breathable shell jacket with a hood and armpit zip vents and waterproof, breathable pants are game changers. It WILL rain in Newfoundland, so your rain gear MUST BE waterproof! The ultimate test? Stand in your shower for 10 minutes with your gear on to make sure it's good to go
- Fleece/down jacket/wool sweater: one or two for chilly days and the boat ride
- Shirts/T-shirts: two or three, some cotton, some quick-dry
- Long-sleeve shirts: one to three, some cotton, some quick-dry
- Lightweight pants and shorts: one-three pairs, at least one quick-dry pair is recommended
- Underwear and bras as desired
- Pyjamas
- Sun hat: baseball cap, Tilley—whatever your style is. Fascinators not recommended.
- Warm hat: wool/fleece ski hat, toques for the Canadians!
- Fleece gloves or mitts (for cool days and the iceberg boat tour)
- Sunglasses: with a retainer strap if you have one
- Dress/skirt/your favourite jeans/capris/fancy-casual top (for restaurant dinners each night, to travel in or if you are extending your stay in Newfoundland—please pack whatever makes you feel confident and gorgeous!
- Bandana/Buff
- Binoculars

- Pencil, sketchbook/notebook/journal
- Earplugs (recommended for shared rooms—insert snoring here!)
- Alcohol-based sanitizer and face masks
- RAT antigen test kits for self monitoring
- Toiletries: shampoo, conditioner, toothbrush, toothpaste, soap, facecloth (if desired), prescription medications (Bring in duplicate and pack separately), glasses/lenses, feminine hygiene products, wet wipes, hand sanitizer etc. Some accommodations will provide some of these and some won't, so it's best to bring your own.
- Sunscreen, lip balm
- Water bottle or camelback hydration system (1 to 2 L)

Optional Items

- Small travel pillow
- iPod
- Reading material
- Camera: memory cards and batteries/charger
- Insect repellent
- Ziploc baggies or dry bags (6L) for waterproofing your day pack contents
- Energy snacks and drinks: Snacks will be provided but you may wish to bring an emergency “hangry stash” if you have special dietary needs or personal favourites
- Personal First Aid Kit (Ibuprofen/ASA, Band-aids, adhesive tape, antihistamines, anti-nausea tablets, Polysporin, Imodium, throat lozenges, extra prescription medication you may be taking—pack it separately), blister kit if you're prone (2nd Skin, Compeeds or moleskin). Your guide will carry a group first aid kit

Essential Documents

- Passport: stored in a waterproof wallet/Ziploc bag
- Copies of your passport, medical insurance, air tickets (pack separate from the originals)
- Money: cash in local currency, credit/debit cards with pin number for cash withdrawals
- Air tickets and itinerary

Packing Notes

Luggage Logistics

Prepare for lost or delayed luggage by wearing or carrying on the items that are essential to your expedition (like your hiking boots and fleece!). When packing your carry-on try to include what you would need to be comfortable for your first few days in case your checked baggage is misrouted by the airline (rain gear, medications, itinerary, snacks, change of socks/underwear).

As a general rule, don't bring more than you can carry! This will help ensure smooth-as-pudding transfers in airports, through customs, hotels, and loading vans/trailers/boats. On adventure travel trips it is best to travel with one larger check-in bag and one carry-on bag. Most airlines have reduced the weight maximums for checked bags to 50lbs (22kg). Be sure to check with your airline for weight restrictions **and** carry-on allowances.

We recommend soft-sided luggage or a medium duffel bag or backpack of 30-50L(your checked bag) and a medium daypack of 20L(your carry-on bag) for most adventures.

Your Daypack Essentials are:

- Insect repellent

- Sunscreen
- Lip balm
- Camera
- Binoculars
- Patience
- Light rain jacket
- Flashlight
- Refillable water bottle
- Sunglasses
- Sense of humour (or humor if you are American)
- Alcohol-based sanitizer and face masks
- Personal medication

Laundry

We recommend bringing enough clothing to only have to do 'sink laundry' once during your trip, if at all.

Resources for Buying Outdoor Gear & Clothing

- Mountain Equipment Co-op, REI, SAIL, Atmosphere, Sportchek
- Borrow: Why buy when you can borrow from a friend?
- Variety/Value Village, Goodwill, Salvation Army and online swap sites are also great places to find second-hand gear for a fraction of the price. **Reduce, Reuse, Recycle, Rewear!**

