

Packing Checklist

Women's Wilderness Retreat

Come prepared for all kinds of weather! While the summer months in Alberta are mostly warm with sunny, bluebird skies, you should prepare for a few cold and wet days.

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!

Required Items

- 1-2 pairs of shorts
- 1-2 light, quick-dry pants (zip-offs work well—you get a bonus pair of shorts!)
- Fleece/warm pants or long johns/leggings
- 3-4 pairs of socks (merino wool recommended)
- 2-3 quick-dry t-shirts or tank tops
- 1-2 long sleeve tops
- bras and underwear as desired
- Pajamas
- Warm jacket and/or fleece or sweater
- Windbreaker
- 100% waterproof rain jacket (ideally with a hood and armpit zips for ventilation)
- 100% waterproof rain pants

- Sun hat/baseball hat
- Gloves
- Toque and/or Buff
- Sneakers, trail shoes or hiking shoes
- Sandals with a toe cover and heel strap
- Rubber boots—these are highly recommended as you will be on a farm surrounded by horses and, well, horse manure! If you don't wish to pack boots, please bring footwear that is suitable for this type of experience.
- Indoor footwear/slippers

Additional Items to Pack

- 1 L water bottle and/or water bladder (Nalgene, Platypus)
- Headlamp or flashlight with extra batteries
- Quick-dry towel
- Sunglasses
- Sunscreen and lip balm with SPF protection
- Biodegradable soap and personal toiletries
- Toothbrush/paste
- Feminine hygiene products
- Small 'ouch' kit: Ibuprofen/ ASA, band aids/plasters, second skin, adhesive tape, anti-histamines, Polysporin, Imodium or similar tablets for mild cases of diarrhea, throat lozenges, extra medications/vitamins you may be taking, motion-sickness medication
- Alcohol-based sanitizer and face masks
- Wet wipes, toilet paper (handy when on long walks on the trails)
- A few Ziploc bags
- Insect repellent

- Journal, sketchbook, pen
- Extra set of casual clothes for travel

Optional Items

- Sleeping Bag (optional)—bedding is provided in the tents
- Camera and charger
- Juicy or inspirational book
- Travel alarm clock or watch
- Pocket/utility knife (*be sure to pack in your checked luggage!)
- Binoculars, local bird guide
- Snacks—snacks will be offered, but if you have favourites or want to prevent a hangry moment, bring extras!
- RAT Antigen test kits for self-monitoring

Essential Documents

- Passport: stored in a waterproof wallet/Ziploc bag (if you are travelling from out of province)
- 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
- Approved Covid-19 Vaccination Certificate and/or QR code (if applicable)
- Negative Covid-19 PCR Test Results (if applicable)

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 duffle bag or backpack of 30-50L(your checked bag) and a medium daypack of 20L(your carry-on bag) for most adventures.

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!**