

Packing Checklist

Banff Backcountry Riding Adventure

Below is a gear list of required and optional items to bring on your adventure. Try your best to avoid cotton clothing for being active in, looking instead for clothing made of nylon, polyester, wool, etc. Please ensure you check the local forecast before your trip and pack accordingly. Weather in the mountains can change quickly, and freezing nights are possible, even in the summer.

Required Items

- Main piece of luggage: a soft sided, cloth or nylon bag. No hard edges, frames or wheels. This will be carried by mule, so should be soft and weigh less than 30 pounds (14 kg).
- Lightweight hiking pants
- Riding breeches or jeans with flat inner seams
- Underwear as required for the length of the trip
- Comfortable and supportive sports bra
- Socks: three or four pairs. Socks should be comfortable in your boots and warm when wet. Merino wool is recommended.
- Long sleeved sun shirt
- Light sweater or fleece to stash in your saddle bag that you don't mind smelling like horse (or bring a plastic bag to stow it in). You'll be happy of this if the weather turns foul.
- T-shirts to your preference and length of trip (merino wool is recommended, but polyester, or even cotton on a hot day, are fine)

- Pajamas and/or comfy cozy clothes to wear at the lodge
- Lightweight down or synthetic vest, or fleece sweater for cool evenings
- Extra pair of shoes, slippers or sandals for wearing inside
- Small backpack for the optional hike day
- Rain coat and rain pants, and if possible, coverings for your boots and helmet (a shower cap works well for a helmet). Please DO NOT bring rain ponchos. If you have one, we recommend a slicker. We have a limited supply of full-length waterproof slickers (traditional cowboy rain coat) available for pick up upon check-in based on a first come first served basis
- Riding boots with a heel. Water (rain) resistant boots are recommended.
- Hiking boots. An all-terrain riding/hybrid boot is ideal, such as the [Ariat Terrain](#) or similar) as it can be both a riding boot and a hiking boot. Water (rain) resistant boots are recommended.
- Bandana or Buff
- 2 pairs of gloves for riding, make sure one pair is warmer and weather resistant (like leather), rubber-palmed gardening gloves are an economical alternative to light riding gloves
- Sunglasses
- Sun hat for when not riding (baseball type, canvas or cowboy hat)
- Toque (winter hat) for cooler evenings
- Toiletries : biodegradable shampoo, toothbrush, toothpaste, razor, lip balm, hand and body lotion, hair brush, etc.
- Sunscreen and mosquito repellent
- Phone, camera and chargers
- Large water bottle to fill enough water to last you the day
- Flashlight or headlamp with batteries
- Alcohol-based hand sanitizer and face masks



Note: Saddlebags, rain gear and other essentials that you will need during the day are not included in the 30lb weight restriction, but maybe limited at our discretion.



This trip is all lodge-based and all bedding is provided.

Optional Items

- Binoculars (for bird/bear watching)
- Pencil and Notebook/Journal
- iPod/mp3 player
- Reading material
- Energy snacks and drinks: while snacks will be provided, you may like to bring some along too if you have special dietary needs or personal favourites.
- Personal first aid kit: for any essential items that you know you'll need (e.g. blister treatment if you are prone to blisters, ibuprofen, etc.). Your guides will carry a group first aid kit.
- Portable charger or spare battery for electronics (remember to keep them warm at night!)
- Pair of cycling shorts/ padded underwear to help reduce sore bums and chaffing
- Riding Helmet - Helmets are provided, but your own is always best – they are required to be worn while riding.

- Wearable water bladder, such as the Camelbak Bootlegger (note it must be low profile and worn under clothing - no backpack versions allowed).
- If you're prone to chafing, consider bringing some anti-chafe cream (there are many brands out there) and/or powder (anti-Monkey Butt powder is popular and works well).
- Consider bringing two water containers to balance the weight in your saddle bags. The Platypus style collapsible containers are ideal, or you can balance the weight with binoculars and/or other gear.

Essential Documents

- Passport: stored in a waterproof wallet/ zip lock bag (if applicable)
- Passport copies: please bring a photocopy of your passport (if applicable)
- Money: cash in local currency, credit/debit cards with pin number for cash withdrawals.
- Air tickets and itinerary: your international and domestic itinerary and tickets (plus photocopies)

Packing Notes

Luggage Logistics

As a general rule, don't bring more than you can carry. This will help ensure smooth and efficient transfers in airports, customs, hotels, and loading vans/trailers/boats.

For a backcountry horseback riding trips, where all of your belongings will be carried by mule, it's essential to travel light. If you're extending your adventure and will need extra belongings, pack in such a way so that your belongings could be split between two bags, with a soft-sided bag or backpack taking your belongings into the backcountry by mule and another bag to be left (no valuables!) in Banff.

Most airlines have reduced the weight maximums for each bag to 50 pounds. Be sure to check with your airline for weight restrictions and carry-on allowances. When packing your carry-on try to include what you would need to be comfortable your first few days in case your checked baggage is misrouted by the airline.

We recommend a medium duffle bag or backpack of 40-60 litres (this could be your checked bag, or, if you pack light, an overhead carry-on) and a smaller backpack of 20-30 litres (your personal carry-on bag, which could also be your day pack for the optional hiking day trip). Make sure to check with your airline(s) for exact specifications for cabin luggage if you choose not to check a bag.

Prepare for lost or delayed luggage by wearing or carrying on the items that are essential to your adventure such as an active outfit and your hiking boots. In your carry on bag, you should bring a full change of clothes, your waterproof jacket, toiletries, medications, camera and all paperwork.

PROVIDED GEAR: Riding gear such as tack, helmets, saddlebags as well as camping gear such as sleeping bag , slickers (if required and subject to availability).

Any items that you don't wish to take on the trail can be left at the first night hotel and retrieved at the end of the trip.

Saddle bags are provided but be sure to have a couple of plastic bags to line the saddle bags to water/ sweat proof your stuff.

Your Saddle Bag Essentials are:

- Insect repellent
- Sunblock (a small one will last for your whole trip)
- Lip balm with sunblock
- Camera

- Binoculars
- Rain jacket/pants or slicker
- Refillable water bottle
- Sunglasses
- Alcohol-based hand sanitizer and face mask
- Personal medication- any medication you might need, for example, an asthma inhaler, heart medication or for a diabetic; insulin, glucose etc.

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!