




WILD WOMEN

EXPEDITIONS

Newfoundland Active Adventure Packing Checklist

 **Luggage Logistics:** Checked luggage can get lost or delayed on the way to any destination. Prepare for this possibility by wearing items that are essential to your Wild Women Expeditions adventure. In your carry-on, pack a light jacket, change of clothes, snacks, toiletries, water bottle, medications, camera, and all paperwork. Depending on group size, luggage space in vehicles can be limited. Please use a small to medium-sized suitcase or duffel on rollers. Our best advice? Don't pack more than you can carry!

 **Hot tip:** Always check the weather in your destination in the week leading up to your trip!

Below is a list of required, recommended and optional items to bring on your Wild Women Expeditions adventure. This list is provided as a guideline and is not exhaustive, nor do you need to bring everything on it (unless it is *required*). Think about how you travel and what works best for you. If you know you'll never wear or use a particular item on this list, don't worry about it!

Required Items

- Main luggage: suggested small to medium sized suitcase with rollers (soft or hard sided is fine), or travel duffel with rollers; travel backpacks are fine too (40-60L), but keep in mind that you need to carry this along with your day pack in the airport and from vehicles to your accommodation
- Daypack: Recommended size: 15-20L. Your pack should have room for a water bottle, rain jacket, sunblock, camera/phone and personal items. A snug day pack rain cover is recommended.
- Hiking boots or shoes — ensure they are 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/shoes are soggy
- 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 likely rain in Newfoundland, so your rain gear must be waterproof!
- Water bottle or camelback hydration system (1 to 2L)

Recommended Items

- Fleece/down jacket/wool sweater: one or two for chilly days and the boat tours
- Shirts/T-shirts: some cotton, some quick-dry
- Long-sleeve shirts: some cotton, some quick-dry
- Lightweight pants and shorts: at least one quick-dry pair is recommended for hiking and kayaking days
- Additional clothing for evenings and travel: dress/skirt/your favourite jeans/capris/fancy-casual top, for dinners each night, to travel in or if you are extending your stay in Newfoundland—please pack whatever makes you feel comfortable
- Underwear and bras as desired
- Socks: three or four pairs of merino wool socks like Darn Tough or Smartwool recommended
- Pyjamas
- Hat with a brim for sun protection
- Warm hat: wool/fleece ski hat, toques for the Canadians!
- Fleece gloves or mitts (for cool days and the iceberg boat tours)
- Sunglasses: with a retainer strap if you have one
- Bandana/Buff
- 2-3 Ziploc baggies or one small dry bag (5L) for waterproofing items or packing wet things back in your daypack/luggage
- Personal toiletries
- Waterproof sunscreen (ocean/reef-friendly), lip balm (with SPF), after-sun lotion
- Ear plugs (for shared rooms)
- Prescriptions, if applicable (bring in duplicate and pack separately – in the event you lose a set of medication)
- Basic Personal First Aid Kit (your preferred painkillers and muscle relaxants, anti-nausea tablets, whatever you might need!)
- Smartphone with charger, plug adapter for destination if required, converter, external battery

Optional Items

- Favourite snacks (for those hangry moments)
- Electrolyte drink mix (to aid in rehydration)
- Book, journal, sketchbook, pen/pencil (if you do these sorts of things)
- Binoculars for wildlife spotting
- Insect repellent

Essential Documents

- Passport (with photocopies)
- Travel insurance (with photocopies)
- Airline tickets (with photocopies)

- Local currency, ATM and credit cards
- Wild Women Expeditions Trip Details and Bulletins (saved for easy access on your phone)
- Any entry visas or vaccination certificates as required

💡 Note: Pack photocopies of travel documents separate from originals (or save to your phone) in the event that your baggage is lost or delayed.

Resources for Buying Outdoor Gear & Clothing

- Mountain Equipment Company, REI, SAIL, Atmosphere, Sportchek
- Borrow: Why buy when you can borrow from a friend?
- Thrift stores and online swap sites are also great places to find second-hand gear for a fraction of the price. Reduce, Reuse, Recycle, Rewear!

👢 **Gear Note:** We want you to be super Girl Scout-prepared for this trip! If you are unsure about any of the items on this list, ask us! Or, talk to the staff at your local outfitter. They love to chat about gear and will expertly kit you out!