




WILD WOMEN

EXPEDITIONS

TRIP NAME

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: 10-20L. Your pack should have room for a water bottle, rain jacket, sunblock, camera/phone and personal items
- Lightweight hiking shoes or trail runners
- Water bottle or CamelBak hydration system (1L size is good)
- Waterproof/windproof jacket

Recommended Items

- Breathable wicking layers (quick-dry short and long sleeve shirts)
- Warm hat (toque for the Canadians!)
- Buff or bandana
- Lightweight hiking pants (zip-off pants that convert to shorts if desired)


- Comfortable clothes for chilling at the camp
- Bathing suit
- Sunglasses
- Sunhat/baseball hat
- Socks (as desired—merino wool brands like Smartwool or Darn Tough are recommended)
- Lightweight running shoes or sandals for around camp (to change into if your boots are soggy)
- Bras and underwear (as desired)
- Pajamas
- Brimmed hat or baseball hat for sun protection
- Sunglasses (with case)
- Sleeping bag (*These are available to borrow. Please contact support@wildwomenexpeditions.com to request a sleeping bag, and include this request in your Travel Details Form.)
- Earplugs (for shared rooms)
- Insect repellent
- 2-3 Ziploc baggies or one small dry bag (5L) for waterproofing items or packing wet things back in your daypack/luggage
- Personal toiletries
- Sunscreen and lip balm (with SPF)
- 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, etc.)
- Smartphone with charger, plug adapter for destination, converter, external battery

Optional Items

- Snacks (for those hangry moments or if you have favourites)
- Electrolyte drink mix (to aid in rehydration)
- Book, journal, sketchbook, pen/pencil (if you do these sorts of things)
- Binoculars for the national parks


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!