



WILD WOMEN

EXPEDITIONS

Womens Wilderness Retreat

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
- Hiking shoes/trail runners
- Water bottle
- Waterproof/windproof jacket

Recommended 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
- 100% waterproof rain pants
- Sun hat/baseball hat
- Gloves
- Toque and/or Buff
- 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
- Sunglasses (with case)
- 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
- 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, etc.)
- Smartphone with charger, plug adapter for destination, converter, external battery

Optional Items

- Snacks (for those hangry moments, especially if you have favorites)
- Electrolyte drink mix (to aid in rehydration)
- Book, journal, sketchbook, pen/pencil (if you do these sorts of things)
- Binoculars, local bird guide
- 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!