CANADIAN WINTER PACKING LIST

1. Clothing

- □ Merino Wool Base Layer (Top and Bottom)
- Lightweight Down Packable Jacket or Vest
- Quality Heavy Down Long Parka Winter Jacket
- □ Fleece-lined Pants
- Wool Toque
- Wool Scarf
- □ Wool Gloves

- Wool Socks
- $\hfill\square$ Insulated Waterproof Winter Boots with Good Traction
- Packing Cubes
- Waterproof and windproof outer jacket optional (use this instead of parka jacket when doing winter sports)
- □ Fleece jacket
- □ Fleece leggings (optional, additional layer)
- $\hfill\square$ Waterproof Backpack as Day Pack
- □ Flannel or Fleece Pajamas/onesies
- Neck warmer -Optional (use this instead of a scarf when doing winter sports)

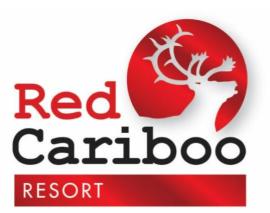
3. Medicines:



- Wound Antibiotic ointment
- □ Painkillers
- Diarrhea tablets
- \Box Antacids
- □ Disinfectant single-use wipes for minor cuts
- Personal medications

5. Papers & Documents:

- □ Passport (must be valid for at least 6 months from date of travel)
- □ Visa or eTA (if required)
- 2-3 Photocopies of your travel documents spread out in your luggage and personal bag
- Digital copy of your travel documents saved on your phone
- Driver's license
- Plane ticket
- Canadian Dollar
- Debit/Credit Cards
- $\hfill\square$ Hotel reservation confirmation and directions
- Travel health insurance
- □ Proof of vaccination (if required)



2. Daily Essentials

- □ Sunglasses
- □ Sunscreen
- □ Lip Balm
- □ Insulated water bottle
- □ Thermos
- □ Energy bars, cookies, chocolates
- □ Hand and feet warmers (optional)
- Winter boot spikes and grips (optional; ideal when walking on icy streets)
- Match and lighter
- Pieces of paper or tissue to keep in your pocket in case you need to start a fire to keep warm

4. Toiletries:

- □ Hairbrush
- □ Shower gel/soap
- □ Toothbrush/toothpaste
- Women's hygiene products
- Shampoo
- Moisturizer
- Deodorant
- 🗆 Razor
- 6. Miscellaneous
- Headlamp/flashlight (with spare batteries)
- □ Travel Adapter and/or converter
- $\hfill\square$ Cell phone and charging cable
- □ Earphones
- □ Powerbank
- Camera
- Travel-size board game/s or playing cards
- □ Altimeter
- □ Ear Plugs

Sleeping Eye Mask



Apps to Download/ Recommended Websites Before Your Flight

- Messenger App
- $\hfill \Box$ Offline map
- □ Taxi or Rideshare App
- □ Weather App/WeatherCan App



www.redcariboo.com

- □ Know before you go:
 - Find current any travel restrictions and other key resources and information: <u>https://www.hellobc.com/know-before-you-go</u>
 - Guide to Safe & Responsible Travel: https://landwithoutlimits.com/plan-your-adventure/know-before-you-go/
- □ For updated details on emergencies, including evacuation orders and alerts due to flooding or wildfires: <u>https://www.emergencyinfobc.gov.bc.ca</u>
- Traveller information system for the latest information on highway closures and alternate routes per Province/Territory
 - British Columbia: <u>https://www.drivebc.ca/mobile/events/index.html</u>
 - Saskatchewan: <u>https://hotline.gov.sk.ca/</u>
 - Quebec: <u>https://www.quebec511.info/Mobile/EtatReseau/Default.aspx?lang=en</u>
 - Alberta: <u>https://511.alberta.ca/</u>
 - Manitoba: <u>https://www.manitoba511.ca/</u>
 - Ontario: <u>https://511on.ca/</u>
 - New Brunswick: <u>https://511.gnb.ca/</u>
 - Nova Scotia: <u>https://511.novascotia.ca/</u>
 - Newfoundland and Labrador: <u>https://511nl.ca/</u>
 - Prince Edward Island: <u>https://511.gov.pe.ca/</u>
 - Northwest Territories: <u>https://511.gov.pe.ca/</u>
 - Yukon: <u>https://511yukon.ca/</u>
 - Nunavut: <u>https://www.igaluit.ca/notices-categories/road-closures</u>