

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
- 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)
- Waterproof Backpack as Day Pack
- Flannel or Fleece Pajamas/onesies
- Neck warmer -Optional (use this instead of a scarf when doing winter sports)



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



3. Medicines:

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



4. Toiletries:

- Hairbrush
- Shower gel/soap
- Toothbrush/toothpaste
- Women's hygiene products
- Shampoo
- Moisturizer
- Deodorant
- Razor



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
- Hotel reservation confirmation and directions
- Travel health insurance
- Proof of vaccination (if required)



6. Miscellaneous

- Headlamp/flashlight (with spare batteries)
- Travel Adapter and/or converter
- Cell phone and charging cable
- Earphones
- Powerbank
- Camera
- Travel-size board game/s or playing cards
- Compass
- Altimeter
- Ear Plugs
- Sleeping Eye Mask





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Apps to Download/ Recommended Websites Before Your Flight

- Messenger App
- Offline map
- Taxi or Rideshare App
- Weather App/WeatherCan App

- Know before you go:
 - Find current any travel restrictions and other key resources and information:
<https://www.hellobc.com/know-before-you-go>
 - 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:
<https://www.emergencyinfbc.gov.bc.ca>

- Traveller information system for the latest information on highway closures and alternate routes per Province/Territory
 - British Columbia: <https://www.drivebc.ca/mobile/events/index.html>
 - Saskatchewan: <https://hotline.gov.sk.ca/>
 - Quebec: <https://www.quebec511.info/Mobile/EtatReseau/Default.aspx?lang=en>
 - Alberta: <https://511.alberta.ca/>
 - Manitoba: <https://www.manitoba511.ca/>
 - Ontario: <https://511on.ca/>
 - New Brunswick: <https://511.gnb.ca/>
 - Nova Scotia: <https://511.novascotia.ca/>
 - Newfoundland and Labrador: <https://511nl.ca/>
 - Prince Edward Island: <https://511.gov.pe.ca/>
 - Northwest Territories: <https://511.gov.pe.ca/>
 - Yukon: <https://511yukon.ca/>
 - Nunavut: <https://www.iqaluit.ca/notices-categories/road-closures>