

1 WEEK OR LESS - COLD WEATHER (10°C or less)

Passport & Boarding pass
 Wallet & ID's
 Camera, batteries & charger =>
 Tablet/Smartphone & headphones =>

Pack with caution - can take a lot of space if not thought thoroughly!

QUANTITY	ITEMS	NOTES	TOSS PACKING OCCASIONS
10	Cable ties (Ty-Rap)		X
1 / day	Dress/Tunic/Long top (to wear with leggings) T-shirts/Shirts	<i>If packing 1/day, choose wisely. If possible, choose items that can be worn more than once</i>	X
1	Duct Tape (small roll or a few meters rolled around a pen)		
1	First-Aid Kit		X
(1)	Flip flop or Cheap sandals	<i>Only if needed</i>	X
1	Gloves/mittens & Tuque OR Wide brimmed hat	<i>Depending of the weather expected</i>	X
1	Headlamp		
1 / day	Leggings, Long Pants Neutral color or Jeans	<i>If packing 1/day, choose wisely. If possible, choose items that can be worn more than once Leggings can double as base layer in colder climate 1 jean = at least 2 days</i>	X
1-2	Long-sleeve Vest or Sweater, dark/neutral color	<i>Opt for thin but warm fabric to avoid losing precious packing space</i>	X
2	Luggage tags		
2-3	Packing organizers		
1	Padlock (mini), combination, for luggage		
(1)	Padlock (regular), combination dial	<i>Pack only If you expect a locker or similar storage facilities</i>	
1	Pair of Shoes or Ankle boots, comfortable & broken in		
2	Pens		
2	Pyjamas	<i>If possible, pack items that can be tossed and/or used as day clothes or as a base layer (ex. leggings)</i>	X
1	Scarf, large/neutral color		
1 / day + 1 extra	Socks, warm		X
1	Stuff sack, nylon/moisture proof		
1	Sunglasses		
(1)	Swimsuit/Swim trunks	<i>Only if needed</i>	X
1	Toiletry Kit		X
(1)	Travel towel	<i>Only if needed</i>	
1 / day + 1 extra	Underwear kits		X
1	Waist pack/Day pack/Purse		
1	Wind breaker, warm lining		
10	Ziploc bag, 1 liter/1 quart size		X
10	Ziploc bag, large size		X

1 WEEK OR LESS - WARM COUNTRY (15-20 °C and up)

Passport & Boarding pass

Wallet & ID's

Camera, batteries & charger =>

Tablet/Smartphone & headphones =>

Pack with caution - can take a lot of space if not thought thoroughly!

QUANTITY	ITEMS	NOTES	TOSS PACKING OCCASIONS
10	Cable ties (Ty-Rap)		
(1)	Convertible pants (long to capri/bermudas)	<i>Only if you expect temperature changes</i>	X
1 / day	Dress/Tunic/Long top (to wear with leggings/bike shorts) T-shirts/Tank Tops/Short-Sleeved Shirts	<i>If packing 1/day, choose wisely. If possible, choose items that can be worn more than once</i>	X
1	Duct Tape (small roll or a few meters rolled around a pen)		
1	First-Aid Kit		X
1	Flip flop or Cheap sandals	<i>Only if needed</i>	X
1	Headlamp		
1 / day	Leggings, 3/4 or Bike Shorts, neutral color (synthetic) Capri pants or Bermuda shorts	<i>If packing 1/day, choose wisely. If possible, choose items that can be worn more than once</i>	X
1	Long-sleeve Vest or Sweater, dark/neutral color		X
2	Luggage tags		
2-3	Packing organizers		
1	Padlock (mini), combination, for luggage		
(1)	Padlock (regular), combination dial	<i>Pack only if you expect access to a locker / storage facilities</i>	
1	Pair of Shoes or Ankle boots, comfortable & broken in		
2	Pens		
1	Polyester/Supplex/Tech fabric pants, dark or neutral color OR Jeans	<i>To wear on the plane/train/bus to get/come back from there</i>	X
2	Pyjamas	<i>If possible, pack items that can be tossed and/or used as day clothes (ex. shorts)</i>	X
1	Scarf, large/neutral color		
1-2	Socks, long & thin	<i>To wear on the plane/train/bus to get/come back from there</i>	X
1 / day	Socks, short		X
1	Stuff sack, nylon/moisture proof		
1	Sunglasses		
1-2	Swimsuit/Swim trunks	<i>Depends if you need it daily (or almost) or occasionally</i>	X
1	Toiletry Kit		X
(1)	Travel towel	<i>Only if needed</i>	
1 / day + 1 extra	Underwear kits		X
1	Waist pack/Day pack/Purse		
1	Wide-brimmed hat		X
1	Wind breaker, no lining		
10	Ziploc bag, 1 liter/1 quart size		X
10	Ziploc bag, large size		X

1 WEEK OR LESS - TEMPERATE WEATHER (10 °C-20 °C)

Passport & Boarding pass

Wallet & ID's

Camera, batteries & charger =>

Tablet/Smartphone & headphones =>

Pack with caution - can take a lot of space if not thought thoroughly!

QUANTITY	ITEMS	NOTES	TOSS PACKING OCCASIONS
10	Cable ties (Ty-Rap)		
1 / day	Capri Leggings / Pants Neutral color or Capri Jeans (can also use a combination of short, long and capri or 3/4 bottoms, based on weather forecast)	<i>If packing 1/day, choose wisely. If possible, choose items that can be worn more than once Leggings can double as base layer in colder climate 1 jean = at least 2 days</i>	X
1 / day	Dress/Tunic/Long top (to wear with leggings) T-shirts/Shirts	<i>If packing 1/day, choose wisely. If possible, choose items that can be worn more than once</i>	X
1	Duct Tape (small roll or a few meters rolled around a pen)		
1	First-Aid Kit		X
(1)	Flip flop or Cheap sandals	<i>Only if needed</i>	X
1	Headlamp		
1-2	Long-sleeve Vest or Sweater, dark/neutral color	<i>Opt for thin but warm fabric to avoid losing precious packing space</i>	X
2	Luggage tags		
2-3	Packing organizers		
1	Padlock (mini), combination, for luggage		
(1)	Padlock (regular), combination dial	<i>Pack only If you expect a locker or similar storage facilities</i>	
1	Pair of Shoes or Ankle boots, comfortable & broken in		
2	Pens		
2	Pyjamas	<i>If possible, pack items that can be tossed and/or used as day clothes or as a base layer (ex. leggings)</i>	X
1	Scarf, large/neutral color		
1-2	Socks, long & thin	<i>Adjust based on of the weather expected (max. 6-7 pairs of socks for the trip)</i>	X
1-2	Socks, short	<i>Adjust based on of the weather expected (max. 6-7 pairs of socks for the trip)</i>	X
1-2	Socks, warm	<i>Adjust based on of the weather expected (max. 6-7 pairs of socks for the trip)</i>	X
1	Stuff sack, nylon/moisture proof		
1	Sunglasses		
(1)	Swimsuit/Swim trunks	<i>Only if needed</i>	X
1	Toiletry Kit		X
(1)	Travel towel	<i>Only if needed</i>	
1 / day + 1 extra	Underwear kits		X
1	Waist pack/Day pack/Purse		
1	Wide brimmed hat	<i>Depending of the weather expected</i>	X
1	Wind breaker, warm lining		
10	Ziploc bag, 1 liter/1 quart size		
10	Ziploc bag, large size		

10 DAYS to 3 WEEKS - COLD WEATHER (10°C or less)

Passport & Boarding pass

Wallet & ID's

Camera, batteries & charger =>

Tablet/Smartphone & headphones =>

Pack with caution - can take a lot of space if not thought thoroughly!

QUANTITY	ITEMS	NOTES	TOSS PACKING OCCASIONS
10	Cable ties (Ty-Rap)		
5-6	Dress/Tunic/Long top (to wear with leggings) T-shirts/Shirts	<i>If packing 1/day, choose wisely. If possible, choose items that can be worn more than once</i>	X
1	Duct Tape (small roll or a few meters rolled around a pen)		
1	First-Aid Kit		X
(1)	Flip flop or Cheap sandals	<i>Only if needed</i>	X
1	Gloves/mittens & Tuque OR Wide brimmed hat	<i>Depending of the weather expected</i>	X
1	Headlamp		
5-6	Leggings, Long Pants Neutral color or Jeans	<i>If packing 1/day, choose wisely. If possible, choose items that can be worn more than once Leggings can double as base layer in colder climate 1 jean = at least 2 days</i>	X
1-2	Long-sleeve Vest or Sweater, dark/neutral color	<i>Opt for thin but warm fabric to avoid losing precious packing space</i>	X
2	Luggage tags		
2-3	Packing organizers		
1	Padlock (mini), combination, for luggage		
(1)	Padlock (regular), combination dial	<i>Pack only If you expect a locker or similar storage facilities</i>	
1-2	Pair of Shoes or Ankle boots, comfortable & broken in		
2	Pens		
2-3	Pyjamas	<i>If possible, pack items that can be tossed and/or used as day clothes or as a base layer (ex. leggings)</i>	X
1	Scarf, large/neutral color		
6-7	Socks, warm		X
1	Stuff sack, nylon/moisture proof		
1	Sunglasses		
(1)	Swimsuit/Swim trunks	<i>Only if needed</i>	X
1	Toiletry Kit		X
(1)	Travel towel	<i>Only if needed</i>	
6	Underwear kits		X
1	Waist pack/Day pack/Purse		
1	Wind breaker, warm lining		
10	Ziploc bag, 1 liter/1 quart size		
10	Ziploc bag, large size		

10 DAYS to 3 WEEKS - WARM WEATHER (15°C-20°C and up)

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Wallet & ID's

Camera, batteries & charger =>

Tablet/Smartphone & headphones =>

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QUANTITY	ITEMS	NOTES	TOSS PACKING OCCASIONS
10	Cable ties (Ty-Rap)		X
	Convertible pants (long to capri/bermudas)	<i>Only if you expect temperature changes</i>	X
5-6	Dress/Tunic/Long top (to wear with leggings/bike shorts) T-shirts/Tank Tops/Short-Sleeved Shirts	<i>If packing 1/day, choose wisely. If possible, choose items that can be worn more than once</i>	X
1	Duct Tape (small roll or a few meters rolled around a pen)		
1	First-Aid Kit		X
1	Flip flop or Cheap sandals	<i>Only if needed</i>	X
1	Headlamp		
5-6	Leggings, 3/4 or Bike Shorts, neutral color (synthetic) Capri pants or Bermuda shorts	<i>If packing 1/day, choose wisely. If possible, choose items that can be worn more than once</i>	X
1	Long-sleeve Vest or Sweater, dark/neutral color		X
2	Luggage tags		
2-3	Packing organizers		
1	Padlock (mini), combination, for luggage		
(1)	Padlock (regular), combination dial	<i>Pack only if you expect access to a locker / storage facilities</i>	
1	Pair of Shoes or Ankle boots, comfortable & broken in		
2	Pens		
1	Polyester/Supplex/Tech fabric pants, dark or neutral color OR Jeans	<i>To wear on the plane/train/bus to get/come back from there</i>	X
2-3	Pyjamas	<i>If possible, pack items that can be tossed and/or used as day clothes (ex. shorts)</i>	X
1	Scarf, large/neutral color		
1-2	Socks, long & thin	<i>To wear on the plane/train/bus to get/come back from there</i>	X
5	Socks, short		X
1	Stuff sack, nylon/moisture proof		
1	Sunglasses		
1-2	Swimsuit/Swim trunks	<i>Depends if you need it daily (or almost) or occasionally</i>	X
1	Toiletry Kit		X
(1)	Travel towel	<i>Only if needed</i>	
5-6	Underwear kits		X
1	Waist pack/Day pack/Purse		
1	Wide-brimmed hat		X
1	Wind breaker, no lining		
10	Ziploc bag, 1 liter/1 quart size		X
10	Ziploc bag, large size		X

10 DAYS to 3 WEEKS - TEMPERATE WEATHER (10 °C-20 °C)

Passport & Boarding pass

Wallet & ID's

Camera, batteries & charger =>

Tablet/Smartphone & headphones =>

Pack with caution - can take a lot of space if not thought thoroughly!

QUANTITY	ITEMS	NOTES	TOSS PACKING OCCASIONS
10	Cable ties (Ty-Rap)		X
5-6	Capri Leggings / Pants Neutral color or Capri Jeans (can also use a combination of short, long and capri or 3/4 bottoms, based on weather forecast)	<i>If packing 1/day, choose wisely. If possible, choose items that can be worn more than once Leggings can double as base layer in colder climate 1 jean = at least 2 days</i>	X
5-6	Dress/Tunic/Long top (to wear with leggings) T-shirts/Shirts	<i>If packing 1/day, choose wisely. If possible, choose items that can be worn more than once</i>	X
1	Duct Tape (small roll or a few meters rolled around a pen)		
1	First-Aid Kit		X
(1)	Flip flop or Cheap sandals	<i>Only if needed</i>	X
1	Headlamp		
1-2	Long-sleeve Vest or Sweater, dark/neutral color	<i>Opt for thin but warm fabric to avoid losing precious packing space</i>	X
2	Luggage tags		
2-3	Packing organizers		
1	Padlock (mini), combination, for luggage		
(1)	Padlock (regular), combination dial	<i>Pack only If you expect a locker or similar storage facilities</i>	
1	Pair of Shoes or Ankle boots, comfortable & broken in		
2	Pens		
2-3	Pyjamas	<i>If possible, pack items that can be tossed and/or used as day clothes or as a base layer (ex. leggings)</i>	X
1	Scarf, large/neutral color		
2-3	Socks, long & thin	<i>Adjust based on of the weather expected (max. 6-7 pairs of socks for the trip)</i>	X
2-3	Socks, short	<i>Adjust based on of the weather expected (max. 6-7 pairs of socks for the trip)</i>	X
2-3	Socks, warm	<i>Adjust based on of the weather expected (max. 6-7 pairs of socks for the trip)</i>	X
1	Stuff sack, nylon/moisture proof		
1	Sunglasses		
(1)	Swimsuit/Swim trunks	<i>Only if needed</i>	X
1	Toiletry Kit		X
(1)	Travel towel	<i>Only if needed</i>	
5-6	Underwear kits		X
1	Waist pack/Day pack/Purse		
1	Wide brimmed hat	<i>Depending of the weather expected</i>	X
1	Wind breaker, warm lining		
10	Ziploc bag, 1 liter/1 quart size		X
10	Ziploc bag, large size		X

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Generally considered exempted medication **Subject to change** Pack these items together	Part of your 3-1-1 allowance	Check regulations before packing in your carry-on

TOILETRIES
Feminine hygiene products
Body soap, solid
Shampoo & conditioner (if needed), solid
Sunscreen ▲
Antiperspirant ▲
Toothbrush & toothpaste ▲
Comb/Hair brush
Dental floss
Small towel/Face cloth
Lip balm ▲
Hand sanitizer (50-60 ml) ▲
Contact lenses solution & case §
Glasses/Reading glasses & case
Body moisturizer, solid
Face cleaner & moisturizer, solid

LAUNDRY KIT
Clothesline
Laundry pods/Soap bar
Universal sink plug

FIRST-AID KIT
Hydrocortisone §
Tiger Balm §
Ibuprofene/Acetaminophene or Equivalent
Band-aids
Sterile eye drops §
Water treatment tablets
Lozenges
Prescription meds in original packaging §
Over the counter meds in original packaging §
Tweezers ■
Oral re-hydration salts
Scissors ■