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

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

QUANTITY	ITEMS	ITEMS NOTES	
10	Cable ties (Ty-Rap)		Х
	Dress/Tunic/Long top (to wear with	If packing 1/day, choose wisely. If possible,	
1 / day	leggings)	choose items that can be worn more than	Х
	T-shirts/Shirts	once	
1	Duct Tape (small roll or a few meters		
	rolled around a pen)		
1	First-Aid Kit		X
(1)	Flip flop or Cheap sandals	Only if needed	Х
1	Gloves/mittens &	Depending of the weather expected	Х
1	Tuque OR Wide brimmed hat	· · ·	
1	Headlamp	If packing 1/day, choose wisely. If passible	
		If packing 1/day, choose wisely. If possible, choose items that can be worn more than	
	Leggings, Long Pants Neutral color or	once	
1 / day	Jeans	Leggings can double as base layer in colder	Х
	Jeans	climate	
		1 jean = at least 2 days	
	Long-sleeve Vest or Sweater,	Opt for thin but warm fabric to avoid losing	
1-2	dark/neutral color	precious packing space	Х
2	Luggage tags		
2-3	Packing organizers		
	Padlock (mini), combination, for		
1	luggage		
		Pack only If you expect a locker or similar	
(1)	Padlock (regular), combination dial	storage facilities	
4	Pair of Shoes or Ankle boots,	Ŭ	
1	comfortable & broken in		
2	Pens		
		If possible, pack items that can be tossed	
2	Pyjamas	and/or used as day clothes or as a base	Х
		layer (ex. leggings)	
1	Scarf, large/neutral color		
I / day + 1 extra			Х
1	Stuff sack, nylon/moisture proof		
1	Sunglasses		
(1)	Swimsuit/Swim trunks	Only if needed	X
1	Toiletry Kit		Х
(1)	Travel towel	Only if needed	
1 / day + 1 extra			Х
1	Waist pack/Day pack/Purse		
1	Wind breaker, warm lining		V
10	Ziploc bag, 1 liter/1 quart size		X
10	Ziploc bag, large size		X
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1 WEEK OR LESS - WARM COUNTRY (15-20 °C and up)

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

QUANTITY	ITEMS	NOTES	TOSS PACKING OCCASIONS	
10	Cable ties (Ty-Rap)			
(1)	Convertible pants (long to	Only if you expect temperature changes	х	
(1)	capri/bermudas)	Only II you expect temperature changes	^	
	Dress/Tunic/Long top (to wear with	If packing 1/day, choose wisely. If possible,		
1 / day	leggings/bike shorts)	choose items that can be worn more than	X	
.,,	T-shirts/Tank Tops/Short-Sleeved	once		
	Shirts			
1	Duct Tape (small roll or a few meters			
4	rolled around a pen)		N N	
1	First-Aid Kit		X	
1	Flip flop or Cheap sandals	Only if needed	Х	
1	Headlamp	If peopling 1/day, abagage wingly, If peoplific		
1 / 1 - .	Leggings, 3/4 or Bike Shorts, neutral	If packing 1/day, choose wisely. If possible,	V	
1 / day	color (synthetic)	choose items that can be worn more than	Х	
	Capri pants or Bermuda shorts Long-sleeve Vest or Sweater,	once		
1	dark/neutral color		Х	
2	Luggage tags			
2-3	Packing organizers			
2-0	Padlock (mini), combination, for			
1	luggage			
		Pack only If you expect acces to a locker /		
(1)	Padlock (regular), combination dial	storage facilities		
	Pair of Shoes or Ankle boots,			
1	comfortable & broken in			
2	Pens			
4	Polyester/Supplex/Tech fabric pants,	To wear on the plane/train/bus to get/come	V	
1	dark or neutral color OR Jeans	back from there	Х	
		If possible, pack items that can be tossed		
2	Pyjamas	and/or used as day clothes (ex. shorts)	Х	
1	Scarf, large/neutral color			
1-2	Socks, long & thin	To wear on the plane/train/bus to get/come	X	
		back from there		
1 / day	Socks, short		Х	
1	Stuff sack, nylon/moisture proof			
1	Sunglasses			
1-2	Swimsuit/Swim trunks	Depends if you need it daily (or almost) or	Х	
		occasionnally		
(1)	Toiletry Kit	Only if needed	X	
	Travel towel Underwear kits	Only if needed	X	
/ day + 1 extra 1	Waist pack/Day pack/Purse		~	
1	Waist pack/Day pack/Purse 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	בוסוסט טעץ, ועושט טובט			

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

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

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

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

QUANTITY	ITEMS	NOTES	TOSS PACKING OCCASIONS	
10	Cable ties (Ty-Rap)			
	Dress/Tunic/Long top (to wear with	If packing 1/day, choose wisely. If possible,		
5-6	leggings)	choose items that can be worn more than	Х	
	T-shirts/Shirts	once		
1	Duct Tape (small roll or a few meters			
•	rolled around a pen)			
1	First-Aid Kit		Х	
(1)	Flip flop or Cheap sandals	Only if needed	Х	
1	Gloves/mittens &	Depending of the weather expected	х	
	Tuque OR Wide brimmed hat			
1	Headlamp			
5-6	Leggings, Long Pants Neutral color or Jeans	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	x	
		1 jean = at least 2 days		
1.0	Long-sleeve Vest or Sweater,	Opt for thin but warm fabric to avoid losing	V	
1-2	dark/neutral color	precious packing space	Х	
2	Luggage tags			
2-3	Packing organizers			
1	Padlock (mini), combination, for luggage			
(1)	Padlock (regular), combination dial	Pack only If you expect a locker or similar storage facilities		
1-2	Pair of Shoes or Ankle boots, comfortable & broken in			
2	Pens			
2-3	Pyjamas	If possible, pack items that can be tossed and/or used as day clothes or as a base layer (ex. leggings)	х	
1	Scarf, large/neutral color			
6-7	Socks, warm		Х	
1	Stuff sack, nylon/moisture proof		~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~	
1	Sunglasses			
(1)	Swimsuit/Swim trunks	Only if needed	Х	
1	Toiletry Kit		X	
(1)	Travel towel	Only if needed		
6	Underwear kits		Х	
1	Waist pack/Day pack/Purse			
1	Wind breaker, warm lining			
10	Ziploc bag, 1 liter/1 quart size			
10	Ziploc bag, large size			
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10 DAYS to 3 WEEKS - WARM WEATHER (15 °C-20 °C and up)

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

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

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

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

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