

## SUGGESTED PACKING LIST

Weather in Canada, particularly in alpine regions, is unpredictable and can change rapidly, so adequate outdoor clothing is essential. From April through October, average temperatures normally range from 8°C to 26°C (46°F to 79°F), but temperatures are sometimes lower or higher. Precipitation in temperate rainforest locations is high, however, it is at its lowest during the summer months.

Our recommendation for clothing is layering with “moisture wicking” sports clothing, so you can shed or add clothing as the weather changes. Here are some of the layers we suggest; how many of each item you bring should depend on how sensitive you are to cooler weather.

- \_\_\_\_\_ **Long Underwear** – Top and bottom; synthetic (Polypropylene or Capilene) preferred over cotton
- \_\_\_\_\_ **Socks** – Wool socks with synthetic liners
- \_\_\_\_\_ **Bathing Suit**
- \_\_\_\_\_ **Shirts** – T-shirts, flannel/fleece shirts, lightweight long sleeve shirts, or turtlenecks
- \_\_\_\_\_ **Jacket/Sweaters** – Pile or fleece-insulated jacket and/or wool/fleece sweater
- \_\_\_\_\_ **Pants** – Comfortable and durable jeans or khakis, convertible pants/shorts, and/or a pair of walking shorts
- \_\_\_\_\_ **Rain Gear** – A good quality, two-piece suit with hood; coated nylon with factory-sealed seams or Gore-Tex
- \_\_\_\_\_ **Shoes/Boots** – Athletic shoes and/or comfortable, sturdy and water repellent hiking boots; riding boots (if applicable)
- \_\_\_\_\_ **Slippers/Moccasins/Sandals** – For wearing around the lodge
- \_\_\_\_\_ **Hats** – Wool knit or water-wicking fleece hat for warmth, plus a brimmed hat for sun protection
- \_\_\_\_\_ **Gloves** – Lightweight wool or pile; fingerless types are good for fishing
- \_\_\_\_\_ **Dressier Clothing** – For dinner is not necessary, however, this is a matter of personal taste; lodges tend to be casual, and smart casual attire is common.
- \_\_\_\_\_ **Day Pack** – Very handy for carrying valuables and extra layers
- \_\_\_\_\_ **Miscellaneous** – Binoculars, camera (with extra film/memory cards & batteries), flashlight, insect repellent, lip balm, sunglasses, sunscreen, travel alarm, and water bottle.

**Luggage limitations** – Are imposed when traveling in seaplanes or other small aircraft. If your trip includes such flights, please refer to your itinerary. In most cases, it is possible to store excess luggage either with your hotel or flight service provider.