

SUGGESTED PACKING LIST

Weather in Canada is unpredictable and can change rapidly, so adequate outdoor clothing is essential. From November through March, average temperatures normally range from -7°C to -18°C (0°F to 20°F), but temperatures are sometimes lower or higher.

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** – Warm wool hiking socks, ie. SmartWool
- _____ **Bathing Suit** (for hot tubs and hot springs)
- _____ **Shirts** – T-shirts, long sleeve flannel/fleece shirts, or turtlenecks
- _____ **Sweaters** – Warm wool/fleece sweaters and/or vests
- _____ **Pants** – Snow pants or snow bibs (waterproof)
- _____ **Coats** – Warm winter coat with a windbreaker shell and hood
- _____ **Boots** – Winter boots (such as Sorrels or Pacs)
- _____ **Slippers/Moccasins** – For wearing around the lodge
- _____ **Hats** – Hat; wool knit or fleece for warmth
- _____ **Scarves** – Warm scarf or neck warmer
- _____ **Gloves** – Warm gloves or mittens
- _____ **Dressier Clothing** – Never used in the backcountry and not necessary even in the nicest restaurants in the cities; however, this is a matter of personal taste
- _____ **Day Pack** – Very handy for carrying valuables and extra layers
- _____ **Flashlight** – Or headlamp and extra batteries. Some lodges operate on generator power which is turned off at night.
- _____ **Miscellaneous** – Binoculars, camera (with extra film, batteries & cables), lip balm, lotion, pocket-size Kleenex, polarized sunglasses & lanyard, sunscreen, travel alarm, water bottle, and heavy-duty Ziploc bags (to wrap your camera equipment in prior to bringing it inside the warm lodge. **Note:** The sudden rush of warm air will create condensation in your cold camera gear which will likely damage it, so please wrap it up tight and leave it in the bag until it has warmed up.)