

# Adventure Travel Packing List

*Designed for: Canada, Northern USA, Iceland, Scandinavia, UK, Ireland, Peru, Chile, Argentina, and New Zealand*

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## The Bags

- 1 main piece of luggage: a duffel bag with wheels or a backpack
- 1 daypack: must be well fitting with supportive shoulder straps and a waist-strap. Should be large enough for your water bottle, packed lunch or snacks, raincoat/pants and warm layers, camera and personal items.  
Recommended size: 20-40 litres (about 2000

### **Travel Tip**

You should wear or carry on any items that are essential for your adventure trip in case your luggage is lost!

cubic inches). Make this your carry on and plan to use it everyday!

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## Organization

- 3-5 packing cubes or stuff sacs
- 1 electronics case
- 1 travel wash bag
- 1 small mesh bag for shower items
- 1 med/lg mesh bag for dirty laundry

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## Footwear

- 1 pair hiking boots/shoes: They must be comfortable, well worn-in and waterproof!
- 1 pair - light shoes/sandals: for water sports, evenings or around accommodations.
- 2-3 pairs socks: good quality hiking socks like [Smartwool](#) are my fav!

### **Travel Tip**

Try your best to bring clothing made of nylon, polyester, wool, etc. as these will keep you comfortable (warm and dry/ cool and dry) as well as they are easier to wash and dry. While you can bring some cotton, denim and other non-wicking fabrics on your adventure, be aware that they won't be easy to wash or dry plus they are heavy!

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## Clothing

- 1 waterproof/ windproof jacket: a waterproof breathable, shell jacket with a hood and pit zips
- 1 pair of waterproof/ windproof pants: waterproof breathable pants with side zips
- 1 wool/down jacket: for cold days/nights
- 2 fleece or wool sweaters: plan to wear one during your active times and keep one for evenings.
- 3-4 tanks and/or tee's: wear as a base layer. Go for fabrics like merino wool or wool blends.
- 3-4 long-sleeve shirts: plan to wear 1-2 during your active times and keep 1-2 for evenings.
- 1-2 pairs hiking pants: quick dry fabric but durable. If they look nice and you can wear them to dinner - bonus points!
- 1-2 other bottoms: black leggings and a pair of skinny jeans for me!
- 5-8 pairs underwear: merino wool, polyester or other quick dry fabric so you can hand wash/ air dry them as needed
- 2-3 bras: 1 for active use and 1-2 for evenings/travel
- 1 pyjamas: leggings from above and one of the tanks works here or sleep naked!

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## Accessories

- 1 pair sunglasses
- 1 buff: wear as a headband, hat or scarf as needed
- 1 sunglasses
- 1 sun hat and/or warm hat
- 1 lightweight fleece gloves
- 1 water bottle or camelback hydration system
- Multiple zip lock baggies or lightweight dry bags or day pack rain cover: for water roofing your day pack contents! Zip locks in various sizes or dry bags: 2x10L should fine or consider a rain cover thats fits over your day pack.
- Ear plugs

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## Personal Care

- Face Wipes {for use in the backcountry}
- [Lush Aromaco Deodorant](#) {in metal tin}
- Small container of Bag Balm {lip chap+antibacterial treatment for small cuts+moisturizer}
- Tweezers & nail clippers
- [Artistry face wash, toner & moisturizer](#) {in travel sized silicone bottles}
- Face pads {for toner}
- A small comb
- Hair elastics
- Ibuprofen
- Toothbrush & toothpaste
- Sunscreen
- Solid Shampoo & Conditioner {I use [Seanik Shampoo](#) and [BIG Solid Conditioner](#) both in metal tins.}
- A razor
- Solid bar soap
- Travel sized Apricot scrub
- Travel towel
- Femine hygiene products (if needed)
- Personal first aid kit: for any essential items that you know you'll need (e.g. blister treatment if you are prone to blisters, anti-nausea meds if you get motion sick etc.)

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## Electronics

- Camera + battery charger + spare battery + SD cards
- Laptop/iPad + charger
- Cell phone + charger
- Travel plug adaptors + converter (if needed)
- Portable charger/ power bank ([such as these](#))

- Headphones

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## Important Docs

- Passport: stored in a waterproof wallet/ zip lock bag (if applicable)
- Passport copies: always bring a photocopy of your passport (if applicable)
- Money: cash in local currency and credit/debit cards
- Air tickets and itinerary: your international and domestic itinerary and tickets

### Travel Tip

Roll your clothes as you pack them into your cubes. This makes them easier to find and remove without disturbing the whole pile!

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## Gear

Depending on the adventure, you might need to bring the following:

- Sleeping bag + liner
- Headlamp
- Hiking poles
- Thermarest
- Tent
- Other activity specific gear