



World Bound Youth: **CANADA**

2024 Packing List

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Packing List for 14 days

Gear Must-brings

- Small day backpack (for hikes and items you'll need throughout the average day of paddling)
- Large 65-80L+ backpack - needs to fit well
- Sleeping bag (0°C - 15°C recommended)
- Small travel pillow
- Sleeping pad (provides comfort and insulations, very important)
- Two 1L closable water bottles (no Gatorade squirt style)
- Headlamp (extra batteries)
- Travel towel
- Whistle
- Sunglasses (two pairs)
- Waterproof stuff sacks (10-20 L plus a small one for electronics)
- Sun hat/toque
- Personal first aid kit
- Pocket knife
- Compass
- Lighter
- Mobile phone
- Journal
- Writing utensils + coloured pencils

Clothing Must-brings

- Rain jacket + rain pants
- Warm jacket/fleece
- Sturdy running shoes/trail runners
- Outdoor sandals with back straps
- Underwear/socks
- Shorts
- Long quick-dry pants (x2)
- Comfortable camp clothing
- Long-sleeved shirt
- T-shirts (try to avoid cotton)
- Thermal underlayers
- Swimming suit (x2)
- Sleepwear
- Bandana
- Gloves

Toiletries

- Toothbrush/toothpaste
- Soap (Castile recommended)
- Sunblock (SPF 30)
- Bug repellent
- Menstrual products
- Eye care (if required)
- Aloe Vera cream
- Personal first aid Kit
- Medication (x2)
- Mesh laundry bag

Recommended

- 75L dry bag with black straps
- Additional clothes for when travelling to town or flight
- Insulated jacket
- Goggles/snorkel mask
- Camera
- Paddle gloves
- Waterproof socks

Do Not Bring

- Portable video games
- Narcotics, alcohol, cigarettes, vapes
- Big bulky clothes
- Cotton clothing
- Jeans
- Inappropriate clothing
- Aftershave/cologne/perfume
- Hairdryer/hair products
- Anything requiring electricity

Recommendations

- Purchase gear at second hand stores or large department stores
- Pack well but as light as possible
- Everything you pack, you carry. Please pack accordingly.
- Try out gear before departure, including packing and carrying your bag.