

WHAT TO PACK

FOR A TRIP TO BANFF

THE ESSENTIALS

- | | | | |
|--------------------------|--------------------|--------------------------|------------|
| <input type="checkbox"/> | SUNSCREEN | <input type="checkbox"/> | TOILETRIES |
| <input type="checkbox"/> | HAT | <input type="checkbox"/> | LAPTOP |
| <input type="checkbox"/> | HIKING SHOES/BOOTS | <input type="checkbox"/> | PASSPORT |
| <input type="checkbox"/> | WALKING SHOES | <input type="checkbox"/> | GUIDEBOOK |
| <input type="checkbox"/> | DAYPACK | <input type="checkbox"/> | SUNGLASSES |

CLOTHING

- | | | | |
|--------------------------|--------------------|--------------------------|-------------------|
| <input type="checkbox"/> | HIKING PANTS | <input type="checkbox"/> | DOWN JACKET |
| <input type="checkbox"/> | HIKING SHORTS | <input type="checkbox"/> | THERMALS |
| <input type="checkbox"/> | HIKING SHIRTS | <input type="checkbox"/> | WOOL HIKING SOCKS |
| <input type="checkbox"/> | RAIN/SHELL JACKET | <input type="checkbox"/> | HIKING LEGGINGS |
| <input type="checkbox"/> | MID-LAYERDOWN VEST | <input type="checkbox"/> | UNDERWEAR |

PSST

[see the full packing list here](https://thebanffblog.com/)

[HTTPS://THEBANFFBLOG.COM/](https://thebanffblog.com/)

INSIDER TIP

Check Alberta Parks and
Parks Canada websites for
reservations

PSST

**check out other cool
camping products**

IF YOU'RE CAMPING



HIKING BACKPACK
WITH RAINCOVER



READY-TO-EAT FOOD



TENT



WATERPROOF
MATCH OR LIGHTER



FIRST AID KIT



FLASHLIGHT



SLEEPING PAD AND
SLEEPING BAG



WHISTLE



SURVIVAL TOOLS



BIODEGRADABLE SOAP

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EXTRA HIKING NEEDS

INSIDER TIP

Make sure to research any hikes you want to do and prepare accordingly. The Canadian Rockies can be dangerous.

- ☐ Headlamp
- ☐ Hiking Poles
- ☐ Hiking Hat
- ☐ Bear Spray
- ☐ Garmin Inreach GPS
- ☐ Sunscreen
- ☐ Emergency Blanket
- ☐ Emergency Kit

PSST

[see our favorite
hiking gear](#)

WHAT TO PACK FOR AN ALBERTA WINTER

- ☐ WINTER DOWN JACKET
- ☐ DOWN JACKET
- ☐ SWEATER
- ☐ FLANNEL
- ☐ CASUAL PANTS
- ☐ 1 X TOP BASE LAYER
- ☐ 1 X BOTTOM BASE LAYER
- ☐ 2-3 X WOOL SPORTS BRA
- ☐ 2-3 X WOOL SKI SOCKS
- ☐ 1 X MID-LAYER JACKET
- ☐ 1 X SHELL JACKET

INSIDER TIP

It gets very cold in Alberta in the winter so make sure to pack layers

PSST

[see the full Banff winter packing list](#)

- 1 X SHELL PANTS ☐
- 1 X INSULATED JACKET ☐
- 1 X SNOW PANTS ☐
- 1 X MITTS OR GLOVES ☐
- 1 X BALACLAVA ☐
- 1 X BUFF HEADWEAR ☐
- 1 X GOGGLES (IF SKIING OR SNOWBOARDING) ☐
- 1 X HELMET* (IF SKIING OR SNOWBOARDING) ☐

AMAZING PLACES TO CHECK OUT IN BANFF

INSIDER TIP

Make sure to drive the Icefields Parkway from Banff to Jasper. Take at least 1-2 days, there are so many stops along the way

PSST

**Check out all our
favorite things to do
here**

● LAKE MINNEWANKA

● TWO JACK LAKE

● LAKE LOUISE

● MORaine LAKE

● JOHNSTON CANYON

● VERMILION LAKES

● LAKE AGNES

● BOW LAKE

● BOW FALLS

● JOHNSON LAKE

● SKIBIG3 RESORTS

● BANFF AVE

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