Banff National Park

TRAVEL CHECKLIST

CLOTHING

- [ ] Swimsuit for hot springs
- [ ] Under garments
- [ ] 3-4 pairs of thick socks
- [ ] Base layer tops (not cotton)
- [ ] Long johns or fleece leggings (not cotton)
- [ ] Mid-layer such as fleece sweatshirt or sweater
- [ ] Long sleeved shirts
- [ ] Comfortable snow pants-will be worn daily
- [ ] Comfortable pants layered with long johns
- [ ] Warm winter coat
- [ ] Hat, scarf, ski mask or buff
- [ ] Gloves or mittens (I prefer mittens)
- [ ] Winter boots and/or hiking boots

DOCUMENTATION:

- [ ] Passport/ID
- [ ] Travel insurance information
- [ ] Flight confirmation

ESSENTIALS:

- [ ] Small towel or can be rented at hot springs
- [ ] Toiletries
- [ ] Sunglasses
- [ ] Water bottle
- [ ] Daypack for hiking and outings
- [ ] Phone charger
- [ ] Yak Trax or Micro Spikes for ice

HEALTH & SAFETY:

- [ ] Small First aid kit (including band-aids, antiseptic wipes, and pain relievers)
- [ ] Prescription medications
- [ ] Hand sanitizer

OPTIONAL:

- [ ] Camera
- [ ] Binoculars
- [ ] Trekking poles