

VANCOUVER, CANADA PACKING CHECKLIST



For adventures around Vancouver—from Stanley Park and Granville Island to mountain trails and the Pacific coast.

Vancouver's weather can change quickly, even in the middle of the day. Whether you're strolling the Seawall, hiking through temperate rainforests, or exploring nearby mountains, dressing in layers will keep you comfortable from morning to evening.



CLOTHING

EVERYDAY WEAR

- ☐ Moisture-wicking T-shirts (2–4)
- ☐ Long-sleeve shirt or lightweight button-up
- ☐ Comfortable pants or jeans
- ☐ Shorts (summer months)
- ☐ Casual outfit for dining or evenings
- ☐ Sleepwear
- ☐ Undergarments and socks



LAYERS

- ☐ Lightweight fleece or sweater
- ☐ Packable insulated jacket (spring, fall, winter)
- ☐ Light scarf (cool seasons)



OUTERWEAR

- ☐ Lightweight waterproof rain jacket
- ☐ Compact travel umbrella
- ☐ Waterproof shell (optional for hikers)



FOOTWEAR

- ☐ Comfortable walking shoes
- ☐ Hiking boots or trail shoes (North Shore or mountain hikes)
- ☐ Sandals (summer)
- ☐ Moisture-wicking hiking socks



ACCESSORIES

- ☐ Sunglasses
- ☐ Baseball cap or sun hat
- ☐ Warm hat and gloves (winter)
- ☐ Cooling towel (summer)



CITY WALKS & OUTDOOR ADVENTURES

WALKING ESSENTIALS

- ☐ Small daypack (15–25L)
- ☐ Reusable water bottle
- ☐ Portable charger (power bank)
- ☐ Trail snacks or energy bars
- ☐ Offline maps downloaded to your phone
- ☐ Camera or smartphone for photos



OUTDOOR ESSENTIALS

- ☐ Trekking poles (optional for longer hikes)
- ☐ Picnic blanket (summer)
- ☐ Binoculars for birdwatching or whale watching (optional)
- ☐ Dry bag for electronics (optional)



TRAVEL ESSENTIALS

- ☐ Driver's license or photo ID
- ☐ Passport (if arriving internationally)
- ☐ Credit and debit cards
- ☐ Compass Card (if using public transit)
- ☐ Hotel confirmations (if applicable)
- ☐ Reservations for timed attractions
- ☐ Copies of important documents



HEALTH & SUN PROTECTION

- ☐ High-SPF sunscreen
- ☐ Sunglasses
- ☐ Lip balm with SPF
- ☐ Insect repellent (summer hikes)
- ☐ Personal medications
- ☐ Small first-aid kit
- ☐ Blister treatment (moleskin or blister pads)
- ☐ Hand sanitizer
- ☐ Wet wipes
- ☐ Hydration tablets or electrolyte packets
- ☐ Prescription medications



ELECTRONICS

- ☐ Phone
- ☐ Camera
- ☐ Charging cables
- ☐ Portable charger
- ☐ Wall charger
- ☐ Headphones or earbuds
- ☐ Smartwatch charger (if needed)



EXTRAS THAT HELP

- ☐ Reusable shopping bag
- ☐ Travel journal
- ☐ Packing cubes
- ☐ Lightweight travel towel (optional)
- ☐ Reusable coffee mug (optional)
- ☐ Zip-top bags for electronics during rain



OPTIONAL

- ☐ Swimsuit (hotels, hot springs)
- ☐ Travel towel
- ☐ Journal or travel notebook
- ☐ Book for long bus or train rides
- ☐ Reusable shopping bag

SEASONAL ADDITIONS



SPRING (MARCH–MAY)

- Light rain jacket
- Layers for cool mornings
- Umbrella
- Allergy medication



SUMMER (JUNE–AUGUST)

- Lightweight breathable clothing
- Wide-brim hat
- Cooling towel
- Electrolyte packets
- Extra water bottle



FALL (SEPTEMBER–NOVEMBER)

- Light fleece
- Comfortable hiking pants
- Rain jacket
- Light gloves



WINTER (DECEMBER–FEBRUARY)

- Insulated jacket
- Thermal base layer
- Hat and gloves
- Warm socks
- Waterproof boots

BEFORE YOU GO

- ☐ Download offline Google Maps
- ☐ Download the TransLink app
- ☐ Check attraction reservation requirements



- ☐ Review weather forecasts
- ☐ Charge all electronics before heading out
- ☐ Leave room in your bag for local finds and souvenirs

PRO TIPS



Dress in layers. Vancouver weather can change quickly, and temperatures often vary throughout the day.



Always carry a rain jacket. Even sunny mornings can turn into light showers.



Bring a reusable water bottle. Free refill stations are available throughout parks and many public spaces.



Wear comfortable walking shoes. You'll likely spend miles exploring neighborhoods, parks, and waterfront trails.



Pack sunscreen. Summer sunshine can be surprisingly strong, especially along the seawall and in the mountains.



Download offline maps. Cell service is excellent in the city but can be limited on remote mountain hikes.

Start hikes early. Popular trails and parking lots fill quickly, especially during summer weekends.



Bring a portable charger. Between photos, maps, and transit apps, your phone battery disappears faster than expected.