

# Canada Student Weekend Outdoor Checklist

A lightweight checklist for international students, exchange students, and young adults planning low-cost outdoor weekends in Canada.

## Who this is for

Students in Vancouver, Victoria, Calgary, Toronto, Montreal, and other Canadian cities who want simple outdoor trips without overbuying gear or missing essential basics.

## Why print it

Students often want outdoor freedom but do not need a full technical gear closet. This printable keeps the trip cheap, safe, and repeatable.

## Trip Snapshot

| Field           | Notes |
|-----------------|-------|
| Route           |       |
| Start time      |       |
| First stop      |       |
| Lunch stop      |       |
| Weather concern |       |
| Return deadline |       |

## Budget Planning

|                                                             |                                                                   |
|-------------------------------------------------------------|-------------------------------------------------------------------|
| <input type="checkbox"/> Transit or car-share route checked | <input type="checkbox"/> Split cost with friends                  |
| <input type="checkbox"/> Free or low-cost trail chosen      | <input type="checkbox"/> Food packed before leaving               |
| <input type="checkbox"/> Student ID packed                  | <input type="checkbox"/> Emergency cash or card                   |
| <input type="checkbox"/> Return time confirmed              | <input type="checkbox"/> Do not rely on last bus without checking |

## Phone and Safety

|                                                  |                                                          |
|--------------------------------------------------|----------------------------------------------------------|
| <input type="checkbox"/> Phone fully charged     | <input type="checkbox"/> Power bank                      |
| <input type="checkbox"/> Offline map             | <input type="checkbox"/> Location shared with friend     |
| <input type="checkbox"/> Weather checked         | <input type="checkbox"/> Group chat created              |
| <input type="checkbox"/> Emergency contact saved | <input type="checkbox"/> Trail or park name written down |

## Small Bag Essentials

|                                       |                                |
|---------------------------------------|--------------------------------|
| <input type="checkbox"/> Water bottle | <input type="checkbox"/> Snack |
|---------------------------------------|--------------------------------|

|                                           |                                                       |
|-------------------------------------------|-------------------------------------------------------|
| <input type="checkbox"/> Light rain shell | <input type="checkbox"/> Warm layer                   |
| <input type="checkbox"/> Small towel      | <input type="checkbox"/> Medication                   |
| <input type="checkbox"/> Hand sanitizer   | <input type="checkbox"/> Compact crossbody or daypack |

## What Not To Overbuy

|                                                                      |                                                                        |
|----------------------------------------------------------------------|------------------------------------------------------------------------|
| <input type="checkbox"/> No heavy hiking boots for easy urban trails | <input type="checkbox"/> No giant backpack for a half-day walk         |
| <input type="checkbox"/> No duplicate gadgets                        | <input type="checkbox"/> No cotton-only outfit in rain                 |
| <input type="checkbox"/> No untested shoes                           | <input type="checkbox"/> No expensive gear before knowing your routine |

## Weekend Reset Items

|                                                |                                                |
|------------------------------------------------|------------------------------------------------|
| <input type="checkbox"/> Book or journal       | <input type="checkbox"/> Reusable cup          |
| <input type="checkbox"/> Simple picnic food    | <input type="checkbox"/> Transit card          |
| <input type="checkbox"/> Earbuds for ride only | <input type="checkbox"/> Camera space on phone |
| <input type="checkbox"/> Dry socks             | <input type="checkbox"/> Bag for wet items     |

### Before you leave

Check weather, road conditions, park advisories, ferry or shuttle reservations, fuel range, and mobile coverage. Leave a simple plan with someone if you are heading beyond busy visitor areas.