

Rocky Mountaineer Packing List

Canadian Rockies · Fall Travel (September – mid-October)

The Canadian Rockies in fall are crisp, beautiful, and a little unpredictable. Rocky Mountaineer is daytime train travel with a hotel every night, so you are dressing for cool mountain days, cold mornings, the occasional passing shower, and comfortable exploring in Vancouver, Banff, Lake Louise, and Jasper. Here is what I tell my travelers to pack.

LAYERS & CLOTHING

- ☐ Lightweight base layers, long and short sleeve
- ☐ A warm fleece or sweater
- ☐ Waterproof, breathable rain jacket
- ☐ Packable puffer or insulated jacket for cold mornings
- ☐ Comfortable pants and one pair of jeans
- ☐ Smart-casual outfit for GoldLeaf dining (no formalwear needed)
- ☐ Warm hat, light gloves, and a scarf for October
- ☐ Merino socks, sleepwear, and enough underwear

FOOTWEAR

- ☐ Broken-in walking shoes with good grip
- ☐ A second comfortable pair to swap into
- ☐ Waterproof shoes or light hikers for trails

WEATHER & SUN

- ☐ Sunglasses (glare through the dome is real)
- ☐ Sunscreen and lip balm
- ☐ Compact travel umbrella
- ☐ Refillable water bottle

DAY BAG & ONBOARD

- ☐ Small daypack for excursions
- ☐ Camera or phone with storage to spare, plus charger
- ☐ Binoculars for wildlife spotting
- ☐ A book, headphones, or both for downtime
- ☐ Motion remedy if coaches ever bother you

DOCUMENTS & ESSENTIALS

- ☐ Passport, valid well past your travel dates (this is Canada)
- ☐ Travel insurance details within reach
- ☐ Medications in your carry-on, original bottles
- ☐ A no-foreign-fee credit card and a little Canadian cash
- ☐ Your bound itinerary (I hand you one)
- ☐ Phone charger; outlets match the US, no adapter needed

NICE TO HAVE

- ☐ Reusable tote for layers you shed midday
- ☐ Hand cream and warm socks for the train
- ☐ A few snacks for travel days

FALL WEATHER AT A GLANCE

September runs roughly 45 to 65°F by day and can dip near freezing overnight. By early October, expect colder mornings and a chance of the season's first snow at elevation. The train winds down for the year in mid-October, so layers are everything on a fall departure.

Thinking about a Rockies trip? Let's find your dates.

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Start Planning