

The List



1. National Park Pass



2. Speeding ticket from RCMP officer



3. Selfie with Justin Trudeau



4. Retweet from Nenshi



5. Snow shoeing



6. Cross country ski



7. Eat a full meal from Tim Horton's



8. NHL hockey game with two Canadian teams



9. Play hockey on ODR



10. CFL game



11. Beginner hockey game



12. Eat a coffee crisp



13. Have the air conditioning and the heat on during the same day



14. Visit the country that your family is from



15. Shovel your neighbour's sidewalk



16. Wear a toque



17. Go to a festival that celebrates a culture other than your own.



18. Celebrate Canada Day on parliament hill



19. Watch a Raptors game



20. Make Tire d'érable



21. Drink from an ice glass



22. Eat a Beavertail



23. Visit natural hot springs



24. Hike in the Rocky mountains



25. Participate in a Polar Bear dip



26. Visit a Legislative building



27. Got to a Powwow



28. Listen to CBC Radio during rush hour



29. See Rick Mercer live



30. Canoe



31. Train with a Canadian Olympian



32. Maple syrup themed dinner



33. Eat maple sugar candy



34. Enjoy a maple dip donut



35. Put on Stompin' Tom at a house party



36. Attend a Rodeo



37. Skinny dip in the great lakes



38. Swim in glacier lake



39. Play Roll Up the Rim



40. Take a shot of maple syrup



41. Take part in the ParticipACTION 150 Play List



42. Lecture someone on the importance of REAL, AUTHENTIC maple syrup



43. Dance to a Tragically Hip song



44. Cry to Celine Dion song



45. Watch a Quebecois movie



46. Fill out an application to work at Tim Hortons



47. Use Canadian Tire money to fully fund your purchase



48. Roll in the snow in a bikini



49. Skate on Lake Louise



50. See Cirque de Soleil



51. Have a Caesar in Calgary



52. Line dance at Ranchman's



53. White water rafting on the Kicking Horse



54. Visit Head Smashed in Buffalo Jump



55. Get Screeched in Newfoundland



56. Skate on the Rideau canal



57. Really see the Northern Lights



58. Pan for gold



59. Visit Jasper



60. See a Lacrosse game



61. Camp in Cypress Hills



62. Surfing in Tofino



63. Read Margaret Atwood



64. Take the Ferry from Vancouver to Victoria



65. Drive across the Confederation bridge



66. See fireworks for Diwali



67. Celebrate Chinese New Year



68. Attend a Pride Parade (or even better participate in one)



69. Attend a citizenship ceremony



70. Contact someone from each province



71. Buy a pair of Canada mitts from Hudson's Bay



72. Ride a Zamboni



73. Go to a Canadian Brewery



74. Spread some Canadian vandalism (Chalk on sidewalk "Have a nice day")



75. Find a Canadian street sign example Moose crossing



76. Donate blood



77. Watch Murdoch Mysteries with the whole family



78. Go curling



79. Visit the National Gallery of Art



80. Eat a crispy crunch bar



81. See an elk



82. Visit Quebec City



83. Whale watch on the St. Lawrence River



84. See a Polar Bear (Ideally in Churchill)



85. Visit the Fortress of Louisbourg



86. Visit a Sugar bush (Maple syrup)



87. Eat French fries from McCain Foods



88. Watch a Jay's game



89. Have Halls (Made in Ontario)



90. Eat Swedish Fish (Made in Hamilton)



91. Bike from Canmore to Banff and back



92. Buy a Scratch Card (Made in Winnipeg)



93. Slide down a water slide made by WhiteWater West Industries



94. Compare a Canadian Hershey chocolate bar to an American Hershey chocolate bar



95. Take beer from one province to another



96. Pay for something using Loonies and Toonies



97. Paddleboard in the mountains



98. Create a rap using Canadian slang



99. Dance to Great Big Sea/Hang out with/reminisce on good times



100. Order ginger beef
101. Float down a river
102. Eat a Nanaimo bar (In Nanaimo)
103. Play in a basketball tournament
104. Buy a piece of Indigenous art
105. Summit a mountain
106. Sing Sorry by Justin Bieber with the car windows down
107. Listen to Stuart McLean
108. Watch reruns of The Littlest Hobo
109. Visit the CBC building in Toronto
110. Close down Hudson's
111. Learn the French version of Oh Canada
112. Learn some of the First Nation's language in the area you are from
113. Take a picture with the Famous 5 statue
114. Hold the door for people
115. Go to or see some Arctic Games
116. Celebrate Victoria Day
117. Eat pemmican
118. Make bannock
119. Smudge and Dene medicine



120. Visit Writing on Stone



121. Horseback ride in the mountains



122. Play the Don Cherry drinking game



123. Eat ketchup chips



124. Eat Montreal Smoke Meat



125. Kayak (Haida Gwaii)



126. Read and watch Anne of Green Gables (New version coming out too!!)



127. Go to the Hoodoos



128. Go to live Canadian Theatre (Rosebud)



129. Have lunch at the Chief Chiniki restaurant



130. Memorize the Bob and Doug Mackenzie 12 days of Christmas



131. Watch SlapShot



132. Ryan Reynolds and Ryan Gosling Movie marathon



133. Buy a pair of Manitobah Mukluks



134. Eat smarties and eat the red ones last



133. Watch the CBC 8th Fire Series with Wab Kinew



134. Watch SCTV



135. Go to a Comedy Fest



136. Attend a Canadian version of the Highland Games



137. Play shuffle board and drink beer



138. Play beersbee



139. Shoot a gun



140. Make a Historica Canada "Here's my Canada Video"



141. Buy a \$20 Tim's gift card and pay it forward.



142. Memorize 10 Canadian geographic facts



143. Visit the CN Tower



144. Watch the Grey Cup



145. Sew a maple leaf onto a backpack



146. Do the Terry Fox run



147. See wild bison



148. Make a bison burger



149. Buy a nice plaid shirt



150. Visit the Bay of Fundy



151. Get interviewed by CBC