

Hiking with Kids



Gear Checklist:

- Water Backpacks** – for everyone 4 years and older
- Band-aids** – at least one per person
- Headache Relief** – ibuprofen, peppermint oil
- Wipes** – for going potty in the wilderness and cleaning hands before eating
- Ziploc Bags** – for storing trash, like used wipes
- Sunscreen** – to reapply as needed
- Insect Repellent** – especially if there might be mosquitoes
- Charged Camera** – phone, DSLR, etc.
- Time-Keeping Device** – phone, watch, etc.
- Compass** – just in case of emergency
- Baby Carrier** – to carry tired toddlers
- Food** – High calorie, non-perishable snacks like jerky, energy balls, and nuts

Night Before the Hike:

- Print a Map** – in case you lose cell service
- Research Parking Info** – where to park? need a pass?
- Research Hike Info** – are there forks in the trail?
- Get Your Gear Ready** – mornings can be unpredictable

Before You Leave the House:

- Feed Your Kids a Solid Breakfast** – bacon and eggs, oatmeal, something that will fill them up
- Pack a Cooler with Food** – leave fruit, cheese, etc. in the car in case hike goes longer than expected
- Put Extra Water in Car** – we take 1 gallon of ice water
- Dress Kids in Pants and Appropriate Footwear** – pants help prevent scraped knees
- Apply Sunscreen** – don't get burned!
- Have Kids Use the Restroom** – minimize unpleasant nature or outhouse bathroom experiences
- Let Kids Pick a Snack/Treat** – provide kids with non-melty incentive to get back to the car.