



PACKING LIST FOR A DAY HIKE WITH KIDS



- Snacks + Lunches
- Water bottles or bladder (filled)
- Jackets, warm hats, gloves
- Extra socks
- Extra pair of clothes
- Sunhats + sunglasses
- Sunscreen + Chapstick with SPF
- Soft carrier - if potentially carrying kids
- (Appropriate shoes in the car or on feet!)
- Emergency Kit - pocketknife, poncho, water filtration tablets, etc.
- First Aid Kit - Band-Aids, antiseptic spray, allergy cream, tweezers, ibuprofen
- Plastic bags + doggy bags
- Hand sanitizer + wet wipes
- Tissues
- Bug spray
- Head lamp
- Charged phone + IDS
- Hiking map + map to trailhead



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