

Packing List For Day Hike With Kids – Courtesy of Jake’s Nature Blog

MUST BRING ITEMS

- Water
- Food – snacks and/or lunch
- Treats – to motivate hikers
- Small Blanket
- Sun block
- Sun hats – one for everyone
- Sun glasses
- Extra plastic bags
- Moist wipes or butt wipes
- Jackets, sweatshirts
- Raincoats
- Cell phone and map
- First aid kit
- Insect spray/bug repellent
- _____

OPTIONAL ITEMS

- Lip balm with SPF protection
- Camera
- Duct tape
- Carabiners
- Handkerchief/bandana
- Small knife
- Fire starting gear
- Binoculars
- Hand Sanitizer
- Toilet Paper in waterproof bag
- Friend
- Guidebook or Nature Guide
- Hiking poles
- _____
- _____

MUST BRING ITEMS

- Water
- Food – snacks and/or lunch
- Treats – to motivate hikers
- Small Blanket
- Sun block
- Sun hats – one for everyone
- Sun glasses
- Extra plastic bags
- Moist wipes or butt wipes
- Jackets, sweatshirts
- Raincoats
- Cell phone and map
- First aid kit
- Insect spray/bug repellent
- _____

OPTIONAL ITEMS

- Lip balm with SPF protection
- Camera
- Duct tape
- Carabiners
- Handkerchief/bandana
- Small knife
- Fire starting gear
- Binoculars
- Hand Sanitizer
- Toilet Paper in waterproof bag
- Friend
- Guidebook or Nature Guide
- Hiking poles
- _____
- _____

MUST BRING ITEMS

- Water
- Food – snacks and/or lunch
- Treats – to motivate hikers
- Small Blanket
- Sun block
- Sun hats – one for everyone
- Sun glasses
- Extra plastic bags
- Moist wipes or butt wipes
- Jackets, sweatshirts
- Raincoats
- Cell phone and map
- First aid kit
- Insect spray/bug repellent
- _____

OPTIONAL ITEMS

- Lip balm with SPF protection
- Camera
- Duct tape
- Carabiners
- Handkerchief/bandana
- Small knife
- Fire starting gear
- Binoculars
- Hand Sanitizer
- Toilet Paper in waterproof bag
- Friend
- Guidebook or Nature Guide
- Hiking poles
- _____
- _____