

# Hiking with Kids

## Checklist

### *Clothing*

- Base-layers
- Mid-Layers
- Fleece
- Waterproof Jacket
- Waterproof Trousers
- Walking Boots
- Hiking Socks
- Change of Socks
- Change of Clothes
- Hat
- Gloves

### *Safety & Navigation*

- Map
- Compass
- GPS Device or App
- Emergency Contact Info
- Whistle
- Head Torch

### *Extras*

- Camera
- Bin Bags
- Trekking Poles
- Nappies /
- Changing Mat
- Blanket

### *The Essentials*

- Backpack
- Baby Carrier
- Water Bottles
- Lunch
- Snacks
- First Aid Kit (see below)
- Suncream
- Sunglasses
- Hand Sanitiser

### *First Aid Kit*

- Scissors
- Safety Pins
- Vinyl Gloves
- Microporous Tape
- Tweezers
- Bandages (crepe and woven)
- Paracetamol
- Plasters (Blister and Normal)
- Antiseptic Wipes
- Gauze swabs
- Antihistamine
- Antiseptic Cream
- Bite Spray

### *Entertainment*

- Binoculars
- Nature Guidebook
- Journal / Pencils
- Games