



Hiking Checklist

CLOTHING

- Weather Appropriate Clothing
- Blanket/Pillow for Baby's Head
- Thermal Blanket
- Extra Blanket for Baby's Warmth
- Rain Gear
- Sun Hat
- Bug Net
- Boots/Hiking Shoes

GEAR

- Baby Carrier/Backpack
- Sippy/Cup
- Sippy/Cup Strap
- Pacifier
- Pacifier Strap
- Diapers
- Wipes

FOOD

- Water
- Snacks
- Snacks for Baby
- Protein Bars
- Lunch *For Longer Hikes

SAFETY

- Hiking Poles/Stick
- Compass
- Whistle
- Maps
- Knife
- Lighter/Matches
- Headlamps/Flashlight
- Twine/Rope
- Sunscreen *Adult & Baby
- Tick Repellent
- Bug Spray
- Pain Reliever *Adult & Baby
- First Aid Kit
- Bear Balls
- Life Straw
- Emergency Water

EXTRAS

Anything else you may need for your day out.

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