



## Day Hiking Check List for Parents

### 10 Essentials

#### Find your way:

- Map or copy of hiking guide
- Compass (if you know how to use)
- Flashlight

#### Protection:

- Food /Water
- Extra clothing,  
Such as: jacket, gloves,  
socks, hat, rain pants
- Sunglasses/Sunscreen

#### Emergencies:

- First aid
- Fire starter/Candle
- Waterproof matches
- Knife

### Enhancement (Learning) Items

- Magnifying glass
- Binoculars
- Field guides
- Paper and pencil
- Other:



### Additional Essentials

- Whistle
- Toilet paper
- Plastic bags
- Hand sanitizer
- Bug juice
- Chap stick
- Bandana
- Emergency blanket

### Optional Items

- Camera & accessories  
(optional)
- Sit pad (optional)
- Medications (if applicable)
- Diapers with plastic bags (if applicable)

### Points to remember

1. Children should have an option of carrying their own pack.
2. They can help carry any of the items above
3. Keep it light so they can enjoy themselves. A good rule of thumb is no more than 10-15% of their body weight.