



## DAY HIKING CHECKLIST

### FOR EVERYONE

- Water
- Snacks
- Rain gear
- Sunscreen
- Warm layers
- Lighter
- Knife
- First aid kit
- Map and compass
- Headlamp or flashlight
- Emergency blankets
- Hiking permits or passes

### FOR BABY

- Diapers
- Wipes
- Hand sanitizer
- Diaper cream
- Changing pad
- Change of clothes for everybody
- Dirty diaper bags
- Dirty clothes bag
- Umbrella
- Blanket
- Bottles

### FOR TODDLER

- Diapers
- Wipes
- Hand sanitizer
- Diaper cream
- Changing pad
- Extra socks
- Change of clothes
- Sunhat
- Dirty diaper bags
- Bug spray