



10 Things to have when hiking with small children.

Our neighborhood has a summer thing on Wednesdays called, “Wednesday Adventures” where whichever parents can, take a week and plan a hike or some outdoor activity. In Oregon hiking is the go-go. With a full range of ages from 4 – 12, we have to make sure we are prepared. Here are a few of the must-haves for us:

1. Portable Toilet: this includes sets of Ziplocs within Ziplocs, a wipe and toilet paper. The girls REALLY appreciate this.
2. Light First Aid Kit includes: Band-Aids for blisters and thorns, AfterBite for reactions to bug bites and some plants, Neosporin, bandana, and small bottle of water for washing out only.
3. Blood Sugar rescues: Granola bars, juice box or two, raisins, fruit strips to buy you time and get them back on the path.
4. Water – REALLY – EVERYONE needs their OWN.
5. Day pack – nothing huge – but something they can carry their own lunch, snacks and water.
6. Change of underwear for them in their own packs – really, with little ones, things happen.
7. Extra Ziplocs and small trash bag for “when smelly, wet things happen and for your trash.”
8. Camera to document accomplishments and tell the story. Can be your phone, but doesn’t have to.
9. More ambitious hikes? A map you can hold in your hand!
10. Bringing someone else’s children? Get a signed medical release for them. You can also take a photo of it to have your phone and an emergency number, insurance. Things happen.

