Hiking Pack List for Kids

Most hiking in Switzerland is near civilization, so you don’t need to pack that much for a day trip, besides drinking water and snacks.If you prefer not to pack food, many trails have a mountain hut cafe along the way. But we still have a few essentials that we like to bring.



Hiking Pack List for Kids

- [ ] Hiking shoes (on your feet please)
- [ ] Water bottle (fill it please)
- [ ] Warm pullover
- [ ] Snacks
- [ ] Rain Jacket
- [ ] Car entertainment: books,music,games
- [ ] Sun hat or warm hat
- [ ] Media: ipod,tablet,portable chargers+cables
- [ ] Sun glasses
- [ ] Water Sandals (optional)
- [ ] Earphones

Hiking Pack List for Parents

- [ ] Water bottles (filled)
- [ ] Warm pullover
- [ ] Cash
- [ ] Pocket knife
- [ ] Rain jacket
- [ ] SBB Half-fare and junior cards
- [ ] Sun cream
- [ ] Sun hat,sunglasses
- [ ] Trail maps/instructions,directions
- [ ] Fire starting kit
- [ ] Child carrier or stroller
- [ ] phone,portable chargers,cables
- [ ] First aid kit
- [ ] Hiking sticks
- [ ] Camera (memory card,full battery)
- [ ] Tissue packet
- [ ] Umbrella (optional)
- [ ] Plastic bag for trash

A few extras depending on the situation:

- [ ] swimsuits if hiking near water
- [ ] extra clothes for little kids, in case they fall in mud or water
- [ ] diapers and wipes for babies and toddlers

First Aid Kit

- [ ] bandaids in a variety of sizes. The most common injury for us is scraped knees, so we typically we need the biggest size. Sometimes they get a small cut on their fingers, so then the smallest size.
- [ ] waterproof bandaids, useful if you are playing near water
- [ ] blister pads – these are the most often used item in the kit, saving many hikes. It works like a second skin and pad, protecting the skin from rubbing and alleviating some pain
- [ ] safety pins – to temporarily fix broken clothes and gear
- [ ] hand sanitizer – useful after mid-trail toilet emergencies
- [ ] flosser – my kids freak out if they get stuff stuck in their teeth

- [ ] disinfectant spray for minor cuts – makes everyone feel like we did the right thing
- [ ] allergy cream – for stinging nettle and bug bites, unfortunately used all the time
- [ ] chewable ibuprofen – one of my kids gets frequent headaches, so this is essential
- [ ] small sun cream – always in my pack in case I forget to bring the big bottle
- [ ] tweezers to pull out splinters
- [ ] lollipop to stop the screaming

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