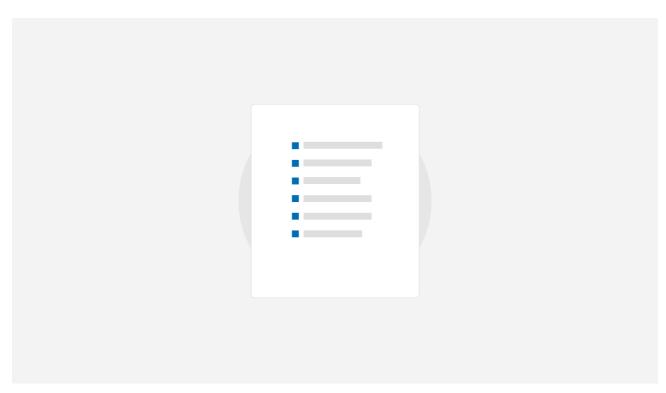
## **Hiking Pack List for Kids**

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

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

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