

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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