

SUMMER HIKING LIST

For adults & toddlers 1-3 years old

ADULT HIKING ESSENTIALS

This is my recommended hiking list for day long hikes. It doesn't include gear needed for overnights.

Backpack Essentials

- Daypack
- Trekking poles (optional)
- Hand sanitizer
- Dog poop bags (for trash)

Clothing

- Women: sports bra + leggings
- Men: moisture-wicking hiking shirt + lightweight hiking shorts or pants
- Hiking socks (plus an extra pair)
- Lightweight mid-layer (for an early morning start to hike)
- Rain jacket or windbreaker (weather dependent)
- Sun hat or baseball cap
- Sunglasses
- Hiking boots or hiking sneakers

Hydration & Nutrition

- Water bottles or hydration reservoir
- High-protein snacks (trail mix, jerky, protein bars))

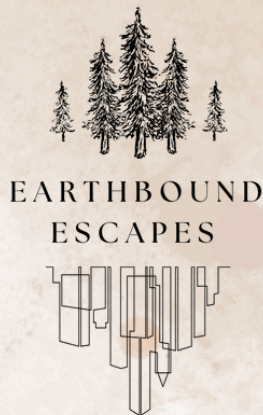
Safety & Navigation

- Fully charged phone
- Portable charger
- Trail map or downloaded offline map (Alltrails)
- Small first-aid kit
- Multi-tool or pocket knife
- Bear spray (depending on where you are hiking)

Sun & Weather Protection

- Sunscreen
- Lip balm with SPF





TRAVEL PACKING LIST

For adults & toddlers 1-3 years old

TODDLER HIKING GEAR

Items will vary depending on the season you are hiking and the age of your child.

Transportation

- Toddler carrier backpack

✨ Consider packing a light weight blanket for little picnic mid-day.

Clothing

- Lightweight long-sleeve layer for sun protection
- Extra shirt
- Extra pants/shorts
- Extra socks
- Sneakers
- Sun hat w/ SPF
- Lightweight jacket or fleece
- Sunglasses

Diapering & Hygiene

- Diapers or pull-ups
- Travel wipes
- Portable changing pad
- Child-safe sunscreen

Food & Hydration

- Sippy cup
- Easy trail foods (pouches, fruit, crackers, cheese, bars)

✨ **Pro Tip:** Study your route before you head out. Plan a few stopping points where your child can get out of the carrier, have a snack, stretch their legs, and reset. If your hike includes steep climbs, rocky terrain, or other challenging sections, schedule a break just beforehand. A well-rested, content little one makes it much easier to focus on navigating the trail safely.