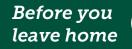




Prepare for your adventure with our Day Hike Packing Checklist! Whether hiking solo or with family, this guide ensures you're ready to enjoy the outdoors and create lasting memories.

FOR FAMILIES
 Kid-friendly snacks and drinks Favorite small toy or activity (like a nature scavenger hunt) Baby wipes or hand sanitizer Change of clothes for younger kids Child carrier (if hiking with little ones)
SAFETY & COMFORT
Sunscreen
Bug spray
Small first aid kit (band-aids, antiseptic wipes,
allergy meds)
Pocket knife or multi-tool
Flashlight or headlamp (if there's any chance of being out near dusk)
Whistle (especially for kids)
Emergency contact info card
EXTRAS (Optional)
Binoculars for wildlife viewing
Camera or GoPro
Journal or sketchpad
Blanket for picnics
Hiking poles





. Double-check weather one last time

3. Confirm park alerts (trail closures, advisories)

4. Ensure your vehicle has gas and supplies



