



HIKING ESSENTIALS

GEAR

- Hiking Osprey Carrier (or other baby carrier)
- Rain cover for carrier
- Fanny pack or backpack (for parent not carrying baby)

BABY CARE

- Sippy cup with water
- Snack
- Teethers
- Pacifier + clip
- Cap or beanie (for cold weather)
- Light zip-up hoodie (for rain or inclement weather)
- Diaper bag (leave in car)
- ThinkBaby Sunscreen
- Dangly toys for pack
- Weather appropriate outfit
- Foot coverings
- Change of clothes

PARENTS

- Snacks
- Water
- Sunglasses
- Hat
- Think Sport Sunscreen
- Light zip-up hoodie
- First aid kit
- Hiking shoes

DOG

- Leash
- Treats
- Water
- Vest (optional)
- Dog towel
- First aid kit