



General Suggestions on Hiking with Kids

1. Eat a good meal – Don't go on a hike underfed. Kids (and adults) will be cranky and tired.
2. Plan your hike:
 - a. Get a good map of your hike (book stores. www.outdoors.com www.usgs.gov , www.wmgonline.org for the White Mountains)
 - b. Check on the distance and elevation gained. Is it appropriate for your family based on past hikes?
 - c. Estimate how long it will take (1 mile is roughly 1 hour on flat terrain)
 - d. Understand the terrain (steep vs gradual, rocky vs paths)
 - e. Evaluate the hazards and possible return routes
 - f. Determine when you should turn back to give yourself enough time to get to the car. Stick to that time.
 - g. Let someone know where you're going and when you'll call to confirm your back.
3. Be prepared
 - a. Dress right
 - i. Layers
 1. Inside absorbent synthetic if possible
 2. Middle warm like fleece
 3. Outside wind/rain
 4. Extra clothes (esp socks, raingear, replacement items for wet conditions)
 - ii. Appropriate shoes for weather and trail conditions
 - iii. Hats, gloves
 - iv. Sunscreen, bug spray, sunglasses
 - b. Bring food and snacks
 - i. Dried fruit, trail bars, nuts, gorp are good snacks. Bring extra food.
 - c. Bring water - 1 quart/person for a afternoon hike.
 - d. Have emergency supplies in the group

- i. 1st aid kit
- ii. Light
- iii. Whistle
- iv. Map
- v. Compass
- vi. Lighter
- vii. Knife
- viii. Watch
- ix. Cell phone
- x. TP and sanitizer

4. Hike smart

- a. Have a plan to manage your kids. How much freedom are they ready for? Who will watch them? What rules do they need to follow? Good idea to have a front and rear leader who is a block to kids speeding ahead or falling behind.
- b. Take frequent breaks
 - i. Rest and drink before you're tired and cranky.
- c. Keep a steady eye on the weather. Mountain weather can change very quickly
- d. Regularly check on your map and confirm your position.
- e. Have a plan if someone gets lost. Usually this will be for the lost person to stay where they are.

HAVE FUN!