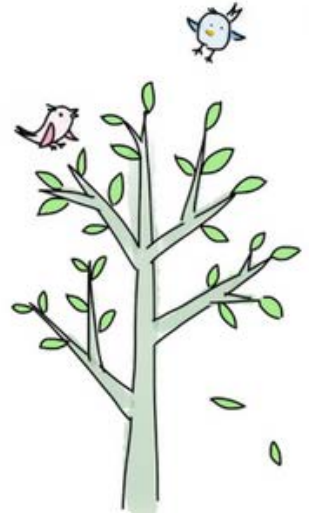


# TAKE THEM OUTSIDE

Nurturing Your Family's Love of Nature



Make getting out on little adventures a little easier by having this check list to refer to when packing your bag.

There are blank slots for you to add any specific items relevant to your family. I've created two versions for you to use how you prefer.

[www.TakeThemOutside.com](http://www.TakeThemOutside.com)

# LET'S GO OUTSIDE

## Daypack packing list

### THE ESSENTIALS

- Lightweight backpack
- Small first aid kit
- Tissues
- Small baggie for garbage
- \_\_\_\_\_
- \_\_\_\_\_

### FOOD AND DRINK

- Water for everyone
- Snacks
- Lunch food
- Just-in case energy bars
- \_\_\_\_\_
- \_\_\_\_\_

### OTHER CONSIDERATIONS

- Sunscreen
- Bug spray
- Warm clothing
- Phone and wallet
- Diapers and wipes
- Map of the area
- \_\_\_\_\_
- \_\_\_\_\_

### THE EXTRAS

- Binoculars
- Camera
- Trail guides
- Hiking Poles
- Treats or activity
- \_\_\_\_\_
- \_\_\_\_\_



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