

Packing for a Day Walk with the Kids

- day pack
- water bottle
- snacks
- map
- compass
- waterproof jacket
- sun hat
- beanie/toque
- emergency blanket
- first aid kit
- mobile phone
- whistle
- head torch/head lamp
- spare clothes: base layer, thermal layer
- spare socks
- multi-tool/swiss army-style knife
- sunscreen
- personal medications
- lip balm, other toiletries
- gloves/mittens
- sunglasses
- sturdy shoes
- camera
- toilet paper
- hand sanitiser
- rubbish bag
- personal locator beacon (PLB, available to hire)
- Walkie Talkies

Packing the right gear is an important part of staying safe. Remember to choose an adventure that matches your group's fitness and experience, tell someone your plans, check the weather, and be ready to change plans depending on the situation.

Anything to add? Let us know at megdrive.com