

Packing for an Overnight Tramp with Kids

The kids can carry:

- Water
- Whistle
- Toque/beanie
- Sunhat
- Head torch/headlamp
- Matches
- Emergency blanket
- Band-aids/plasters
- Multi-tool or swiss army-style knife
- Snacks
- Warm layers: base layer, mid-layer
- Puffer jacket
- Rain jacket
- Rain pants
- Togs/swimsuit
- Mittens/gloves
- Slippers, sandals or hut shoes
- Full set of spare clothing (top, bottoms, undies, socks)
- A fuzzy friend, a book, a board game, a notebook
- Walkie Talkies

Parent carries:

- Rain jacket
- Rain pants
- Warm layers: base layer, mid-layer
- Puffer jacket
- Sunhat
- Togs/swimsuit
- Mittens/gloves
- Toque/beanie
- Slippers, sandals or hut shoes
- Sleeping bag(s)
- Pots
- Dishes and utensils
- Stove & Fuel
- GPS

- Personal Locator Beacon (PLB, available to hire)
- Biodegradable soap
- dish cloth
- Toilet paper, trowel
- Binoculars
- Rubbish bag
- Toiletries: Toothbrush(es), toothpaste, floss, hair elastics, lip balm, sunscreen, insect repellent, hand sanitiser, tissues, aloe, after-bite, arnica
- Personal medications
- Board games, deck of cards
- E-book stocked with bedtime stories
- Full set of spare adult clothing (top, bottoms, undies, socks)
- Spare children's clothing: socks, base layer(s), undies
- Head torch/headlamp & spare batteries.
- First aid kit
- Matches
- Emergency blanket
- Phone
- Wallet
- Camera
- Watch
- Map
- Compass
- Sunglasses
- Hut pass
- Pen
- Water purifier
- Tent
- Camping mats
- Tarp
- Food
- Breakfast – e.g., Pancakes & tea
- Lunch – e.g., Peanut butter & honey sandwiches
- Dinner – e.g., cans of beans and corn chips
- Treats, snacks, and desserts – e.g., fruit/veges, muesli bars, marshmallows
- Emergency dehydrated meal

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