

THE Backpack:

A Practical Way to Pack for
Outdoor Adventures with Kids

Picking THE Backpack

- Must be a backpack
- Pick BLACK or some other color your husband will wear
- Padded back and padded straps
- Does it have 3 compartments?
- Pockets for water bottles?

BIG Pocket

- Change of clothes, including undergarments.
- Hats, adults included.
- Snacks (pretzels, granola bars, almonds for mom?)
- If needed, diaper change kit, bottles, breastfeeding accessories.

MIDDLE Pocket

- Baby wipes AND antibacterial gel
- A pen and small notepad
- Band-Aid/First Aid kit
- Spare change
- Extra rubber band
- Gatorade or Crystal Light single-serving powder packets
- Wallet
- Camera
- Phone

SMALL Pocket

- Sunglasses
- Sunscreen
- Chapstick

Water Bottle Pockets

- 2 stainless steel water bottles

Extras

- Thermometer
- Tylenol
- Picnic items