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- Compass** to teach kids how to orient themselves along the trail.
- Pants That Convert to Shorts:** protect skin from scratches, bites, and poison ivy; the legs can be detached during the hottest hours.
- Hiking Boots** that support the ankles and fit snugly. Have kids break in new boots before the hike.
- Long-Sleeved Shirt** to protect arms from brambles; a T-shirt can be worn as well.
- Lightweight Knapsack** Let school-age children carry no more than 20 percent of their body weight. For littler hikers, the load should be significantly lighter and not alter their posture at all. Include a Swiss Army knife, bird book, water, length of rope for emergency shoelace or belt repairs, and trail map.
- Insect Repellent and Sunscreen** Both should be applied with different frequency, so avoid two-in-one products.
- Bandanna** to tie back hair, wick away sweat, or collect treasures.
- Sunglasses** should have full-spectrum UV protection.
- First-Aid Kit:** bandages, pain reliever, sterile gauze, tape, tweezers, safety pins, a whistle, antiseptic, antibiotic ointment, a tincture of benzoin to add to treat blisters, insect sting relief, and moleskin for blisters.
- Hat with a Brim** to help protect the face, scalp, and eyes from sun exposure.
- Magnifying Glass** to encourage kids to examine the little wonders along the trail.
- Snacks:** [Trail Mix](#) and energy bars are compact and provide a boost. Apples and bagels also travel well. Pack a resealable trash bag for carrying out any nonperishables you bring in.

