

# Family hiking checklist

## Clothing & accessories

- Sunglasses
- Sun hat
- Raincoat
- Hiking socks & boots
- Backpack
- Walking stick if required

## Meals

- Food & high energy snacks
- Water & drinks

## Hygiene

- Sunscreen
- SPF lip balm
- Kid-friendly insect repellent
- First aid kit including plasters
- Zewa** tissues
- Zewa** toilet paper
- Zewa** moist toilet paper
- Zewa** wet wipes
- Rubbish bags

## Equipment

- Map
- Binoculars
- Portable phone charger
- Multi-tool pocket knife
- Torch



More tips on [zewa.net](https://www.zewa.net)



 Care well, live well

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