

NATIONAL PARK PACKING LIST FOR FAMILIES

Free Printable Checklist

HIKING ESSENTIALS

- ☐ Daypack
- ☐ Refillable water bottles
- ☐ Snacks
- ☐ Sunscreen
- ☐ Bug spray
- ☐ Basic first aid kit
- ☐ Offline maps downloaded

CLOTHING

- ☐ Lightweight layers (even in summer)
- ☐ Rain jackets
- ☐ Hiking shoes or sturdy sneakers
- ☐ Extra socks
- ☐ Swimsuits (for lakes, rivers, hotel pools)
- ☐ Pajamas
- ☐ Sun hats

CAMPING GEAR (IF CAMPING)

- ☐ Tent
- ☐ Sleeping bags
- ☐ Sleeping pads or air mattresses
- ☐ Cooler
- ☐ Camp chairs
- ☐ Headlamps or lantern

COOKING GEAR

- ☐ Portable stove / grill
- ☐ Lighter / Matches
- ☐ Cookware (pots, pan, spatula)
- ☐ Plates, utensils, cups
- ☐ Food (easy to cook or heat)
- ☐ Snacks / Trail mix
- ☐ Cooler & Ice packs
- ☐ Trash bags & dish wash gear

KIDS EXTRAS

- ☐ Card games
- ☐ Small ball
- ☐ Book for downtime
- ☐ Camera
- ☐ Comfort item

TOILETRIES & HYGIENE

- ☐ Biodegradable soap
- ☐ Toothbrush & toothpaste
- ☐ Wet wipes / Towel
- ☐ Toilet paper
- ☐ Sunscreen
- ☐ Insect repellent

SAFETY & EXTRAS

- ☐ Park pass / reservation confirmation
- ☐ ID & insurance card
- ☐ Phone charger / power bank
- ☐ Printed campsite info