

Backpack Essentials Checklist for Exploring with Kids

A mom-approved checklist for family outings, travel days, theme parks, zoos and everyday adventures

Snacks & Drinks

- Granola Bars
- Crackers
- Fruit pouches
- Pretzels
- Trail mix
- Cut fruit
- Sandwiches
- Reusable water bottles
- Electrolyte packets
- Spill-proof cups

Parent Essentials

- Portable charger
- Phone cable
- Wallet
- Keys
- Lip balm
- Sunglasses
- Medications
- Cash or cards
- Travel documents

Small First Aid Kit

- Band-aids
- Kid's pain relievers
- Allergy medicines
- Motion sickness medicine
- Wound ointment

Wipes & Sanitizing Essentials

- Baby wipes
- Hand sanitizer
- Disinfecting wipes
- Towel tablets
- Tissues
- Small trash bags

Sun Protection

- Mineral sunscreen SPF 30-50
- Wide-brim hats
- UV sunglasses
- Portable fan
- Cooling towel

Weather & Emergency Extras

- Foldable umbrella
- Ponchos
- Ziplock bags
- Lightweight blanket
- Extra hair ties

Extra Clothes

- Extra shirt
- Extra shorts/pants
- Socks
- Underwear
- Jacket / sweater
- Full toddler outfit change (optional)
- Pull-ups or diapers

Entertainment & Activities

- Sticker books
- Water Wow books
- Small toys
- Magnetic drawing board
- Fidget toys
- Interactive books



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