ANDERSON PACK · QUICK GUIDE

Backpacking With a Baby

What we learned taking Scout on his first two backpacking trips, at 9 and 11 months old, in Peter Lougheed Provincial Park.



OUR TOP TIPS

01 Start short and easy

Point Campground (about 4 km) and Elbow Lake (about 1 km) have tent pads, bear lockers and picnic tables.

02 Sleep in his own bag

Scout slept between us in a Little Mo -6°C down bag over a merino base layer. Expect a few wake-ups.

03 Bring the comforts of home

His lovey bunny and pacifiers made the tent feel a little more like his crib.

04 Carry baby on your pack

Our Trail Magik clips right onto a backpack. Whoever has baby hands some gear to the other person.

05 Plan food and diapers

Familiar snacks he already likes, plus extra diapers, wipes and a Ziploc to pack the dirty ones out.

06 Keep camp safe

Watch for small rocks, hold baby while the stove is on, and keep bear spray on you.



Add to your day hike list

- Toque, fleece, booties and socks
- Extra merino base layer
- Baby sleeping bag
- Extra diapers, wipes, Ziploc
- Pacifiers and lovey
- Lots of favourite snacks