ANDERSON PACK · QUICK GUIDE

Hiking With a Baby

How we get on the trail with Scout, from his newborn days to now, plus what we pack every time.



OUR TOP TIPS

01 Feed before you go

A fed baby is a happy baby. We always do a feed in the car at the trailhead.

02 Start with a clean diaper

Then you hopefully won't need to stop mid-hike. Still pack your changing supplies!

03 Use the right carrier for their age

Ergobaby Omni Classic when Scout was a newborn, and the framed Thule Sapling now that he's bigger.

04 Dress in layers

Merino base (we love Wee Woollies), fleece and a down bunting when it's cold. Sun hat and sunscreen when it's sunny.

05 Pick a trail you know

Check distance, elevation and recent AllTrails reviews, plus Alberta Parks or Parks Canada.

06 Be ready to turn back

If baby isn't having fun, head home. The mountains will still be there next weekend!



What we pack

- Bear spray, first aid kit, inReach
- Water and snacks for everyone
- Down or rain layers
- Toque or sun hat
- Changing pad, diapers, wipes
- A good attitude!