



Baby Trekking Packing List

[ForSomethingMore](#) designed this baby trekking backpacking packing list so that your baby will have everything she/he likely needs in order to have a safe, enjoyable and [a Leave No Trace friendly](#) backpacking experience while being completely off grid in the backcountry. (**NOTE:** If you are planning to use this list to pack for a [Ghorepani Poon Hill trek in Nepal with a baby in the winter time](#), you will not need a few of the items on our list. *On our list, we have indicated the necessary items for baby trekking Poon Hill in the winter time.*) The post explaining this list can be found here: [ForSomethingMore Backpacking Packing List](#)

Baby Trekking Gear						
		Need for Poon Hill?	Qty.	Per Baby	Per Party	Item
	<input type="checkbox"/>	Y	1	✓		Baby Trekking Backpack
	<input type="checkbox"/>	Y	1	✓		Baby Trekking Backpack Rain Cover
	<input type="checkbox"/>	Y	1	✓		Baby Spoon (Silicone Head)
	<input type="checkbox"/>	Y	1	✓		Baby Food Container (Airtight)
	<input type="checkbox"/>	Y	Varies	✓		Baby Formula Dispenser
	<input type="checkbox"/>	Y	1	✓		Silicone Bib
	<input type="checkbox"/>	Y	2	✓		Cloth Bib

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Baby Trekking Packing List

		Need for Poon Hill?	Qty.	Per Baby	Per Party	Item
	<input type="checkbox"/>	Y	2	✓		Burp Cloth
	<input type="checkbox"/>	Y	2	✓		Bottles
	<input type="checkbox"/>	Y	2	✓		Bottle Nipples
	<input type="checkbox"/>	Y	Varies	✓		Baby Formula
	<input type="checkbox"/>	Y	Varies	✓		Baby Food (Dehydrated rice, beans, veg, fruit, etc.)
	<input type="checkbox"/>	Y	1		✓	Biodegradable Soap (1 Bottle)
	<input type="checkbox"/>	Y	1		✓	Baby Sunscreen/Bug Spray (1 Bottle)
	<input type="checkbox"/>	Y	1	✓		Baby Sunglasses (1 Pair)
	<input type="checkbox"/>	Y	Varies	✓		Baby Medicines
	<input type="checkbox"/>	Y	1	✓		Baby Syringe
	<input type="checkbox"/>	Y	Varies	✓		Baby Toys

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		Need for Poon Hill?	Qty.	Per Baby	Per Party	Item
	<input type="checkbox"/>	Y	1	✓		Teether
	<input type="checkbox"/>	Y	Varies	✓		Biodegradable Baby Wet Wipes
	<input type="checkbox"/>	Y	Varies	✓		Biodegradable Diapers
	<input type="checkbox"/>	Y	1		✓	Diaper Changing Pad
	<input type="checkbox"/>	Y	Varies		✓	Diaper Cream
	<input type="checkbox"/>	Y	Varies		✓	Baby Bath Soap

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Baby Trekking Clothing						
		Need for Poon Hill?	Qty.	Per Baby	Per Party	Item
	<input type="checkbox"/>	Y	1	✓		Snowsuit
	<input type="checkbox"/>	Y	1	✓		Vest
	<input type="checkbox"/>	Y	2	✓		Pants
	<input type="checkbox"/>	Y	3	✓		Long Sleeve Onesies
	<input type="checkbox"/>	Y	2	✓		Wool Socks
	<input type="checkbox"/>	Y	1	✓		Wool Hat and Mittens
	<input type="checkbox"/>	Y	1	✓		Mitten String
	<input type="checkbox"/>	N	1	✓		Bathing Sun Suit
	<input type="checkbox"/>	N	1	✓		Reusable Swim Diaper
	<input type="checkbox"/>	Y	1	✓		Swaddle
	<input type="checkbox"/>	Y	1	✓		Blanket
	<input type="checkbox"/>	Y	1	✓		Fleece Booties

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