



Things to consider:

- In keeping with the concept of progression, it's typically better to plan a single overnight backpacking trip than a multi-night event; consider going for a two day trip rather than three.
- Choose a short trip with things to do and explore along the way; the length of each day's hike should not be longer than their previous day hikes. Plan for multiple stops. Bring a few children stories related to the environment, terrain, and place to read during breaks.
- Young children should not carry a heavy pack yet most will want to—and can safely—carry a small day pack. A favorite stuffed toy, snack, and a drink are plenty for the first time.
- As with all initial trips into the backcountry with children, you want them to have fun, and lots of it. If the weather forecast looks poor, do something else.
- Make sure that between you and your partner you are fit enough to carry all the family camping supplies including your child's clothing, food, and water.
- Hike the trail beforehand to identify hazards, potential stopping points, and campsites. Loop or point-to-point hikes are usually more interesting than hiking out, then back. If you choose a loop or point-to-point hike, try to find one with "escape" options.
- Because your daughter is severely allergic to wasps, you need to be especially careful. Yellow jackets are common in the throughout the US, and tend to make their homes in the ground or in rotten wood. If you stay on well-trod trails and camp in established camp sites there is less chance of disturbing a nest. Note that yellow jackets are scavengers and tend to congregate in areas that are commonly used by people: picnic areas, public campgrounds, river lunch spots, etc. Consider bringing a large family tent with netting to eat in. Avoid drinking from bottles or cans you cannot see into. Bring at least two EpiPen Jrs. and an antihistamine in case your daughter is stung.
- If you haven't already done so, teach both your children to recognize and avoid poison ivy, oak, and sumac, and plants that look like them. Exercise care in areas where the plants are numerous and consider using a chemical block for prophylaxis; carry calamine lotion in your first aid kit.