

AMS Family Hike Series

Tips for Hiking with Children

Organized by Mrs. Lindy Sandison | Thursdays at 5:00 PM | Summer 2025

1

Follow their lead

Let kids set the pace — don't rush. Enjoy the moment. Look at leaves, pick up feathers, swing from branches, and splash in puddles.

2

Wear appropriate gear

Proper footwear is a must for both kids and adults. Dress for the weather, including full rain gear if needed. Bring an extra set of clothes, plastic bags for wet gear, bug spray, and sunscreen.

3

Bring water and snacks

Water and snacks are essential. A small treat (like gummies) can be great motivation. Many hikes will include a dinner stop, so pack a lunchbox-style meal.

4

Be aware of wildlife

Talk with your children about safety around bears, moose, and dogs. Adults should carry bear spray and know how to use it. Kids can wear bear bells and carry safety whistles (for emergencies only).

5

Set realistic expectations

Some days will go smoothly, and other days won't — and that's okay. Meet your child where they are. Encourage them, but don't feel guilty if you need to turn around early. Accept help from other parents.

6

This is an open invitation

Join when you can! Feel free to invite friends, neighbors, and family. If you're running late, don't worry — you'll find others on the trail. Reminders and updates posted on the AMS Facebook page the day of each hike.