

## My top 5 must-haves for hiking with a toddler:



**A full frame backpack carrier** – excellent for toddlers from sitting stage to around 15kg, lets you walk all you can while letting your child see the world from your perspective. We use: [Deuter Kid Comfort 3](#)



**Fully stocked folding changing mat** – make every where a comfortable place to change your child. A toddler with an uncomfortable diaper will be irritated; the ability to easily, comfortably and hygienically change your child will mean that you can hike for longer. We use: [Baba Bing Flip Out Changing Mat](#)



**Flexible yet warm and waterproof footwear for your child** – to allow your child to run around whenever they feel like it in any weather and keep them warm and dry at all times, a good pair of flexible and soft boots is a game changer. We use: [Muddy Munchkins Boots by MyMayu](#)



**Front baby carrier** – I know, your first response is “What? Two carriers??” But yes, two carriers. When your little one is in a fighting mood or just too excited about the great outdoors, sleep can elude them or they are going to fight it with everything they have. We all know that a tired baby is the main reason to call it the day, so prevent that with your very own sleeping system. We use: [Ergobaby Performance](#)



**The favourite snack** – Every child has their favourite snack that you don't want to give them because it doesn't quite comply with the diet you hope they have. That snack is a secret weapon for when your toddler has said no to all foods but is getting irritated and hungry. We use: [Bamba Peanut Snack](#)

**Bonus tip: the best way to get children's gear is second hand, as things tend to be lightly used and then sold cheaply on places like eBay, Craigslist and the like.**

## My top 5 must-haves for solo camping:



**Sleeping bag** – At home you want your bed to be the most welcoming sight at the end of the day, and when outdoors it is no different; a good 3 season (-5°C/20°F) natural down sleeping bag is a perfect all rounder. I use: [PH Designs Minim 400](#)



**One man tent** – this is not just a place to spend the night, but your castle and sanctuary outdoors. If you do it right you will spend many nights in it so make sure it is light enough (under 1kg/2.2lbs), solid 3 seasons waterproof and have enough room for you. I use: [Nordisk Telemark 1 ULW](#)



**Integrated cooking system** – having boiling water, fast, can be a life saver when you are cold or just in a need of coffee, so an integrated stove is excellent for that. A stove of this kind might not be the lightest, but they do the job perfectly. I use: [MSR Reactor 1L](#)



**Pyjamas** – What?? Yes, pyjamas, and I don't even use them at home! When outdoors you will get wet, sweaty and muddy; so a clean set of baselayers and thick socks (aka pyjamas) is like a secret trigger to trick your mind to go to sleep easily. I use: [Powerstretch for winter \(Mountain Equipment\)](#) and thin Merino for summer ([Icebreaker](#)), Thick [Smartwool Mountaineering Socks](#)



**Coffee** – As a slow morning kind of a guy I need my coffee strong and early, so I make sure to grind the beans I like just before I go and keep them sealed for the trip. To make the coffee quickly a solid brewing method will result in a quickly made coffee in the strength you like. I use: [Aeropress](#)

**Bonus tip: don't buy it all in one go, look for deals by online retailers as they have promotions often. For more information read [this](#).**