



■ Little Life Animal Snuggle Pod is made of fluffy cotton and fleece-lined. It's penguin shaped with an inflatable mattress base and stabiliser wings. **£40.00, www.tiso.com**

SLEEPING BAGS



■ Easy Camp X-ray sleeping bag can be worn as a camping coat before heading to bed or as a straightforward sleeping bag. **£24.99, for stockists see www.easycamp.com**



■ Outwell Batboy Sleeping Bag uses Isofill filling throughout for great summer camping warmth and comfort. The bag features a big pocket on the front, a torch in the zipper puller and a carrybag. Outwell Buttery Fly Sleeping Bag is the same as the Batboy bag but comes in a prettier design. **£34.99, for stockists see www.outwell.com**

TAKE A SEAT



■ The Helinox One Mini Trek Chair is easy to transport, lightweight and the ideal mini camping chair for kids. **£65, for stockists see www.helinox.eu**

Keep kids geared up for active summer

With the long summer holidays in full swing, you'll most likely be keen to get the kids active outdoors.

There are many ways to have fun, especially if the weather is fine, including camping, adventure activities or simply going for a walk or a bike ride. Make sure the kids are kitted out for a summer of outdoors fun.



● Kids love the sunshine but when the rain comes they need a good waterproof jacket. This Spotty Otter Breeze cagoule is a great buy. **Was £65, now £30 at www.spottyotter.co.uk**

● NITE IZE BugLit LED Micro Flashlight attaches to almost anything and provides a bright, hands-free light. It's ideal for camping trips. **£11.99, www.mountainmunchkins.com**



FIONA RUSSELL

Our expert's guide to the top-notch equipment that will make your little ones eager to drop the telly remote and explore outside

■ Perfect for away days, the Patagonia Kids' Bonsai backpack holds 14 litres of spare kit, food and drink. **£38, www.patagonia.co.uk**



■ Columbia's Drainmaker III Shoe is a quick-drying and ventilated hybrid land, boat and water shoe. **£50, www.cotswoldoutdoor.com**



■ Keen's Chandler CNX footwear for children offers great grip, as well as support and flexibility for all kinds of outdoor play and activities. **£44.99, www.keenfootwear.com**



■ The Mares Pirate Junior mask and snorkel set is specifically designed for young snorkelers. **£20, www.simplyscuba.com**

■ The Columbia Fast Track Hooded Fleece is great as an outer layer on cool summer days and will also fit underneath a waterproof jacket if the rain comes on. **£30, www.cotswoldoutdoor.com**



■ It's easy for kids to master riding the waves on a bodyboard. The Two Bare Feet Bodyboard 37 is a good option. **£14.99, www.twobarefeet.co.uk**



■ Tribord Surf Wetsuit is for young surfers and bodyboarders looking for warmth in the sea or a loch below 17C. **£49.99, www.decathlon.co.uk**



■ Kiddimoto Goggles-design Helmet for cycling safety and good looks. **£21.99, www.evanscycles.com**



■ Get the kids walking with a Unicef Kid Power Band. Points earned walking unlock food packets for starving children. **£29.66, www.unicefkidpower.org**



■ Ensure your children shield their eyes in sunshine with child-specific sunglasses. These Julbo Bubble Kids Sunglasses are practical and cool. **£22.00, www.mountainmunchkins.com**



■ It's easier to explore as a family when you have bikes. The Islabikes Luath 24 is for kids aged eight-plus and can be used for roads and trails. **£449.99, www.islabikes.co.uk**



Join me on my adventures in Scotland's great outdoors by checking out my award-winning website at www.fionaoutdoors.co.uk – you'll find lots of great information about walking, cycling, running and other outdoor activities, as well as kit reviews.