

Mirror Lake Family Backpack | June 27-28, 2025

[Trip posting link](#)

Trip Leader

Birgit Grimlund (206) 683-6627 (Inreach: birgitandrobin@inreach.garmin.com)

Description Family friendly backpack near Snoqualmie Pass. A short trek through forest, small streams and brightly colored wildflowers. Mirror Lake offers a sandy beach for water play as well as plentiful forest to explore.

Participants See trip roster

Directions (Estimated 2 hr drive from Seattle)

[Google Map](#)

From Seattle, head east on I-90 to exit 62 for Stampede Pass/Kachess Lake. At the end of the ramp, turn right at the stop sign onto Forest Road 54. After approximately 0.5 miles you will go over a bridge crossing the Yakima River. Continue straight on this road for another 0.6 miles and then turn right, leaving the paved road, onto the gravel Forest Road 5480. Continue on this road. 4.2 miles into this section, go straight on the middle road and pass Lost Lake. 6.1 miles from the turn onto FR 5480, reach the sign for Mirror Lake (we'll park at the lower TH parking lot). ***Note the road is rough with many potholes.***

- **Meet at Mirror Lake TH at 10:30 am on Friday, June 27th**
- **NW Forest Pass Required**

Trip Schedule and Route

Friday, June 27

- 10:30 am Meet at trailhead/pre-trip huddle
- 11 - 2 ish - Hike with plan for lunch along the way
- 2-6 pm: Set up camp, play, relax
- 6 pm: Start dinner
- 9 pm: Lights out

Saturday, June 28

- 7-8 am Breakfast
- 9-10 am Pack Up
- Hike Out: Exact start time TBD by group (10-11?)

Our planned [route on Gaia](#) (1.4 miles, 700 ft elevation)

Weather [NOAA Forecast](#)

Packing List (Gear) (*Items in italics are items that Birgit/Trip Leader will bring and can share*)

- ☐ Each child should carry a whistle + ID in plastic bag (child's and parent's name/contact)
- ☐ Backpack
- ☐ Pack cover or items packed in waterproof bags (if rain in forecast)
- ☐ Sleeping bag + pad

- ☐ Tent
- ☐ Headlamp (fully charged or with fresh batteries)
- ☐ Water bottle/bladder 1 liter (Water along the trail to purify as we go)
- ☐ *Water purification (Trip leader will have BeFree purifier which can be shared)*
- ☐ Mosquito protection (Bug head net + bug spray –picaridin 20% is my recommendation. I have a bag of several extra bug head nets to share and can distribute if needed at trailhead).
- ☐ Sun protection (sunglasses, sunscreen, hat)
- ☐ *Pocket knife or multitool*
- ☐ *Small packet matches or small lighter*
- ☐ *First aid kit (Trip leader will bring a more substantial kit but all parents should have a small kit)*
 - *Everyone's personal first aid kit should include a small ACE type wrap, Tylenol + ibuprofen for small injuries, band aids, blister management (Moleskin/tape for hot spots or my preferred is a hydrocolloid such as Band-Aid Hydroseal or Compeed for open sores)
- ☐ Personal hygiene (TP/Kula cloth, wipes, toothbrush/paste, spa

de or snow stake, bag to carry out TP/wipes, personal meds, hand sanitizer, gender specific items). **No toilet at lake so need to pack out all paper waste.**

- ☐ Gaia or Caltop app on phone with downloaded map of area or paper map (optional)
 - *Trip leader will have paper map and map on phone/compass*
- ☐ **Ursack+Opsak or Bear canister required.** *Trip leader has an extra canister and Ursacks if needed.*
- ☐ Hiking poles (optional)
- ☐ Cell phone/camera/battery pack (optional)
- ☐ Reading material/cards/games (optional)
- ☐ Sit pad or chair (optional) – *used bubble mailer is a lightweight eco friendly option*

Packing List (Food)

- ☐ Bowl/cup/spoon
- ☐ Lunch for Friday (on trail)
- ☐ Dinner for Friday (*I often try to coordinate a group dinner if there is interest, quesadillas or pizzadillas offer a fair amount of flexibility for different food tastes and if some or all families are interested we can coordinate this*).
- ☐ Breakfast for Saturday
- ☐ Lunch (or snacks) for Saturday
- ☐ Snacks!!!
- ☐ *Stove, fuel, pot, pan (Trip leader will bring JetBoil + second small stove + frying pan to share)*

Packing List (Clothing) **Avoid cotton*

- ☐ Hiking boots or hiking shoes
- ☐ Camp shoes/water shoes (optional)
- ☐ Hiking socks x 2 (wool or synthetic)
- ☐ Short sleeve shirt
- ☐ Long sleeve sun protection shirt

- ☐ Hiking or zip-off pants, hiking tights or shorts (if shorts only, plan to wear your rain pants for bug protection in evening)
- ☐ Rain jacket with hood + rain pants (if any rain in the forecast or need for bug protection)
- ☐ Underwear
- ☐ Mid-layer (fleece or puffy)
- ☐ Long underwear or base layer (which can also be a sleeping layer)
- ☐ Gloves/mittens (if seems indicated by forecast)
- ☐ Hat (if no hood on mid layer)
- ☐ Swim suit + light camp towel for water play in lake (optional)

BACKPACKING CLOTHES CHECKLIST



☐ TSHIRT



☐ LONG JOHNS



☐ WATERPROOF JACKET



☐ SOCKS



☐ LONG SLEEVE



☐ SHORTS



☐ PJS



☐ UNDERWEAR



☐ FLEECE OR HOODIE



☐ PANTS



☐ BRIMMED HAT



☐ BOOTS + CAMP SHOES

HOW TO WEAR

HOT DAYS



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COLD DAYS



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MILD DAYS



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MILD NIGHTS



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COLD NIGHTS



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