



Odyssey Packing List

Please consider this packing list carefully and bring what is listed. A few helpful hints:

- The Odyssey Camper and Family Handbook contains detailed information on the specific *types* of clothing and gear required for being on trail.
- Clothing may be used for both in-camp and on-trail uses. Consider living simply and packing less.
- Temperatures can vary from 40°F to 90°F. Dressing layers and having an exterior warm layer and an exterior rain layer is required to help keep the camper safe and comfortable.
- The gear that we recommend taking the most care and thought when selecting is the sleeping bag and its stuff sack (size, weight, pack-ability, materials). Please see handbook for more details.

Please contact the Four Trails Program Coordinator if you have any questions regarding gear selection.

On-Trail Clothing

(can be used in-camp as well)

- Rain Pants
- Rain Jacket
- Light synthetic/fleece jacket
- 5 pairs synthetic socks
- 5 sets of underwear
- 2 pair padded cycling shorts
- 2 cycling jerseys or synthetic shirts
- 1 pair pants
- 1 Synthetic base layer (thermal) top and pants
- 1 Cotton set of clothing for evenings/layovers
- Sturdy closed-toe shoes (for cycling)
- Pair of sandals/casual shoe
- Warm Hat

Odyssey Specific Gear

- Valid Passport**
- Cycling Helmet
- Reflective Safety Vest (cycling/running type)
- Cycling Gloves
- 1 liter-sized water bottle
- 2 water bottles that fit in bottle cages (at least 24oz)
- 2-3 bungee cords (about 1')
- Camelbak style hydration pack (optional)

In-camp clothing

(can be used on-trail as well)

- 3 pairs of shorts
- 1 pair of pants
- 4 shirts
- 1 swimsuit
- 6 sets of underwear
- 6 pairs of athletic socks
- Glasses/contacts

In-camp Supplies

- Pillow
- Twin Sheet Set
- Flip flops for shower/ beach use
- Beach Towel
- Bath Towel
- Laundry Bag
- Blanket (optional)
- Bug Netting (optional)

Other Optional Items

- Watch
- Camera
- Stationary, envelopes and stamps
- Journal and pens/pencils
- Books/cards
- Gloves

On-Trail Equipment (All Trips)

- Synthetic, **lightweight** sleeping bag (mummy style highly recommended)
- Sleeping bag **compression** sack
- Sleeping Pad
- Non-breakable bowl and mug
- Non-breakable cutlery set
- Sunglasses (Polarized recommended)
- 3-4 Heavy duty trash bags
- 3-5 Gallon Freezer Ziploc bags
- Quick dry camp towel (recommended, can use small bath towel)
- Headlamp with spare batteries

Toiletries (for in-camp and on-trail use)

- Toothbrush and toothpaste
- Shampoo and conditioner
- Soap/body wash
- Sunscreen (at least SPF30)
- Non-aerosol insect repellent
- Lip Balm with SPF
- Enough menstrual hygiene products for your session
- Extra set of glasses/contacts
- Travel Size toiletry bottles for trail (recommended)

What Not to Bring

- Snacks, soda, gum, or candy. Additionally, no food is allowed in the cabins.
- Any kind of knife, axe, or hatchet.
- Aerosol cans
- Electronics including cell phones, gaming systems, and e-readers.
- Cash (Parents or campers can turn cash into safekeeping on registration day.
- Lighters, matches, candles or fireworks
- Medications—ALL medications, **including over-the-counter and vitamins**, must be ordered through our online pharmacy.

If campers bring these items, staff will collect them for the session and return them at the end of camp.