



EQUIPMENT LIST FOR TRAILBLAZER

Quantities for 7 Days

American Youth Foundation
Merrowvista
147 Canaan Road, Ctr. Tuftonboro, NH 03816
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www.ayf.com

Clothing

- 1 Polypropylene top & bottom
- 1 Long pant
- 4 Pairs of shorts
- 2 Swimsuits
- 1 Pair of sturdy sneakers
- 7 Pairs of athletic socks
- 2 Pairs wool or fleece socks
- 7 T-shirts
- 2 Long sleeve T-shirts
- 1 Sweatshirt & Sweatpants
- 7 Pairs of underwear
- 2 Nightshirts or Pajamas
- 2 Fleece pullover or wool sweater
- 1 Pair wool/fleece mittens or gloves
- 1 Wool or fleece hat
- 1 WATERPROOF raincoat
- 2 Bandanas
- 1 pair Hiking Boots (see back side)

Equipment

- 1 Daypack (small backpack like used for school.
Please label with name on it)
- 1 Pillow & Pillowcase
- 1 Fitted sheet (cot or twin size)
- 1 Sleeping Bag (with synthetic fill)
- 1 Sleeping Pad
- 1 Wash cloth
- 1 Beach towel
- 1 Bath towel
- 1 Pair shower shoes (i.e. flip flops)
- 1 Laundry bag (washed with clothes—please label clearly)
- 1 Ditty Bag & Toiletries
- 2 32 oz. Water bottles (not bicycle)
- 1 cup, bowl & spoon (for overnight)
- 1 Flashlight (we recommend the hand crank flashlights
that don't required batteries)
- Extra Batteries (if needed for flashlight)
- 1 Insect repellent (avoid repellent
with 35% or more DEET. **No** aerosol)
- 1 Sunblock (at least SPF 15)
- 1 Journal, pen, pencils
- 1 Stationery, stamps
- 4 Large, heavyweight garbage bags (for trips)
- 2 Ziploc type bags (for overnight trip)

**Please make sure
all items are
clearly marked
with camper's name**

OPTIONAL ITEMS

- White T-shirt (for tie-dye)
- Waterproof rain pants
- Mosquito Netting
- Sports Sandals
- Books, Cards, markers, paper
- Musical Instrument & Sheet music
- Fishing Tackle & Rod
- Windbreaker
- Camera
- Compass
- Anything to make you feel "at home"
- Lip balm
- Hand towel

SPECIAL DAYS

- 50s Dinner: T-Shirts, Blue Jeans, Bandanas, and Poodle Skirts
- Crazy Dinner: Be creative & wacky
- Talent Show: Bring what you need to show off your talent – musical instruments, props, etc.
- Candlelight Sing: Something nice to wear for the last dinner at camp



Temperatures at camp vary from the 40s to 90s.

IT IS IMPERATIVE TO HAVE THE FLEECE OR WOOL GARMENTS AND RAIN GEAR RECOMMENDED ON THE LIST.

Waterproof rain gear will keep you dry, & a fleece pullover/wool sweater will keep you warm.

Luggage

A small trunk or sturdy plastic storage unit (example: Rubbermaid) w/ lid is recommended for camp use. It is the neatest and most compact option, allowing campers to access all their belongings easier than a suitcase. Suitcases are satisfactory but may get scuffed. If you ship your trunk, please do so 2 weeks prior to camp, insured, prepaid and marked with camper name and destination.

IMPORTANT INFORMATION

Sleeping Bag - Synthetic materials (Polarguard) rated to a minimum of 30 degrees F. Camper will be carrying the sleeping bag on their backpacking trip, so please bring a stuff sack. Down or cotton fabrics are not acceptable. Mummy style bags are preferred.

Rain Gear - Must be waterproof (not just water resistant) material. A rain jacket is required for Trailblazers, and rain pants recommended. We suggest that you choose products made from coated fabric. Ponchos are not recommended.

Hiking Boots - Merrowvista strongly suggests that you bring a pair of hiking boots that are sturdy, ankle high and **well broken in**. If you choose to buy a pair of boots, your boots should be sized to fit comfortably with two pairs of socks (one lightweight & one heavyweight). To break in boots, begin wearing them regularly two months prior to coming to camp.

Backpacks—AYF provides backpacks for overnights, but should campers choose to bring their own, the backpack must be of good quality and have padded hip and shoulder straps.

Sleeping Pad - For overnight camping, a sleeping pad is strongly recommended for added insulation, comfort and dryness.

4 Week Trailblazers— You will need a bike helmet, and it must be bike specific.

Polypropylene layers - Polypro is a necessary layer of clothing for the trips. It wicks away moisture to ensure that the camper stays warm and dry. Both important in the outdoors!

Personal Sports Equipment—Campers should check with leaders to make sure equipment is stored appropriately so as not to be accessible as a potential safety risk.

DO NOT BRING

In appreciation of the camping experience and out of respect for the camp community, we ask campers not to bring:

- snacks, sodas, candy, gum
- pocket knives, hunting knives, axes, & hatchets
- lighters, candles
- aerosol cans
- cell phones, radios, Gameboys, mp3 players, iPods, e-readers or similar items
- cash (please have your camper turn in cash for safekeeping)

If campers bring these items, staff will gather and keep them safe until the end of camp.

For more information contact Merrowvista at:

(603) 539-6607

www.ayf.com

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