



# EQUIPMENT LIST FOR TRAILBLAZER

## Quantities for 7 Days

American Youth Foundation  
Merrowvista  
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### 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)

### 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

- 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

### 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**

### SPECIAL DAYS



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.

**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.

**Important:** Please make sure all clothes and belongings are labeled or clearly marked with camper's name. Thank you

**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 \* merrowvistacamps@ayf.com

