



Merrowvista Packing List

Odyssey

- The Merrowvista [Backpacking Program Handbook](#) contains detailed information on the specific type of clothing and gear required on trail.
- Clothing and toiletries 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. Having an interior warm layer and an exterior rain layer is required to help keep your camper safe and comfortable.
- Take great care when selecting a sleeping bag and its stuff sack (size, weight, packability, materials). Please [see handbook](#) for more details.
- Visit a local outdoors retailer to find the right hiking boots. [REI has a great guide](#) for picking the right pair.

WE WILL PROVIDE:

- Tents
- Backpacks
- Meals & Snacks

TRAIL CLOTHING:

(can be used in-camp as well)

- 1 wool/synthetic fleece hat
- 1 pair wool/synthetic fleece gloves
- 1 brimmed hat (for sun protection)
- 1 pair waterproof rain pants
- 1 waterproof rain jacket
- 1 wool/fleece midweight layer/jacket
- 4 sets underwear
- 3 synthetic shirts
- 2 pairs quick-dry shorts
- 1 thermal base layer (top and pants)
- 1 set active swimwear (see notes)
- 3-4 pairs wool or synthetic **hiking** socks
- 2-3 pairs athletic socks
- 2 bandanas
- 1 pair **broken-in** hiking boots
- 1 pair sandals or other off-trail shoes

IN-CAMP CLOTHING:

(can be used on trail as well)

- 4 pairs shorts
- 1 pair pants
- 5 shirts
- 1 set active swimwear (see notes)
- 6 sets underwear
- 2-3 pairs athletic socks

IN-CAMP SUPPLIES:

- Sneakers
- 2 pairs athletic socks
- Pillow
- Twin sheet set
- Shower shoes
- Beach towel
- Bath towel
- Laundry bag

TOILETRIES:

- Toothbrush and toothpaste
- Shampoo and conditioner
- Soap
- Travel-size biodegradable soap
- Sunscreen (SPF 30+)
- Insect repellent
- Lip balm with SPF
- Necessary period products
- Glasses/contacts (bring extra set if possible)

TRAIL EQUIPMENT: (see notes)

- Synthetic, lightweight** sleeping bag
- Sleeping bag compression sack
- Sleeping pad
- Unbreakable bowl
- Unbreakable multiuse utensil
- Sunglasses (polarized recommended)
- 3 1-liter water bottles
- Headlamp and spare batteries
- 3-4 heavy-duty trash bags
- 6 gallon-sized ziploc bags

OPTIONAL ITEMS:

- Watch (not smartwatch)
- Digital or disposable camera (not smartphone)
- 1 pair fleece pants
- Stationary, envelopes, stamps
- Journal and pens/pencils
- Books/cards
- Camp chair
- Musical instrument
- Fishing rod and tackle
- White shirt for tie-dye
- Hand towel or washcloth
- Quick-dry camp towel
- Extra blanket
- Insect headnet
- Separate camping pillow



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ACTIVE SWIMWEAR

We recommend active or functional swimwear that covers the body appropriately and allows for active and unencumbered movement and play on the waterfront.

HIKING BOOTS

Merrowvista strongly suggests campers bring a pair of hiking boots that are sturdy, ankle high and well broken-in. If Boots should be sized to fit comfortably with two pairs of socks (one lightweight and one heavyweight). Break in boots by wearing them regularly two months prior to coming to camp.

COVID-19 MASK REQUIREMENTS

Campers should bring 15-20 3-ply surgical masks or K95 masks for use at camp in situations when mask wearing is advised by CDC guidelines, and/or illness occurs. Masks should meet CDC recommendations, including fitting snugly around the mouth, nose, and chin with no large gaps around the side of the face (even during rigorous activity such as sports or group exercises). Single-layer buffs, cloth masks, and masks with exhalation valves/vents will not be permitted.

Should your camper need additional masks while at camp, Miniwanca will have masks readily available.

LUGGAGE

A small trunk or sturdy plastic storage bin with a lid (ex: Rubbermaid) is recommended. It is the neatest and most compact option that allows campers to easily access their belongings. 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.

SPECIAL DAYS

- Wacky Dinner: Be creative and get wacky!
- Enchanted Dinner: The Eating Lodge is transformed into an enchanted realm where all mystical creatures are welcome.
- Superhero Dinner: Dress up as an existing superhero or create your own.
- Talent Show: Bring what you need to show off your talents — musical instrument, props, etc.
- Candlelight Sing: Something nice/clean to wear for the last dinner at camp.

TRAIL EQUIPMENT

Campers are encouraged to pack trail equipment if they'd like, but Merrowvista can supply any items on this list. Camp families should notify us in advance to ensure we have adequate quantities.

WHAT NOT TO BRING:

- **Electronics such as smartphones, tablets, smartwatches, fitness trackers, e-readers, or other connected devices.** Digital cameras are OK. Any smartphone or connected device will be checked into safekeeping for the duration of the session.
- Snacks, sodas, or sports drinks. Because we have campers with severe food allergies, outside food, candy, and gum are not allowed.
- Pocket knives, hunting knives, hatchets, axes, lighters, matches, candles, or fireworks
- Aerosol cans for sunscreen, bug spray, hair spray, or other products
- All medications, **including over-the-counter and vitamins**, must be turned into the Health Team at check in. Please review our [2022 Health Policies](#) for more information.

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