



Miniwanca Four Trails Staff Packing List

This is a modified list of what we give to the campers. You will have the opportunity to do your laundry in-camp so you do not need to overpack. Please bring durable clothing that can get dirty and hold up to use and washing at camp.

These items may differ due to your trip allocation. We recommend you bring any recommended hiking or paddling equipment and attire if you own it. **During Wilderness Workshop, you will participate in both paddling and backpacking trainings.**

The weather in Western Michigan can vary dramatically. Days can be very warm, while nights can dip down into the 40s. You may want to pack your gear into large Rubbermaid or sturdy plastic tubs or bring some crates to stack in your cabin. Bring a few hangers if you want to hang up some clothes.

Questions? Contact Four Trails Manager Regan Gibson Wiesler at rgibson@ayf.com.

REQUIRED CLOTHING

- 1 **waterproof** raincoat (no ponchos)
- 1 pair **waterproof** rain pants
- 2 warm jackets or sweatshirts (synthetic, wool or fleece, not cotton)
- 2 sets thermal tops and bottoms (wool or polypropylene)
- 1 winter hat (wool or synthetic material)
- 1 wide-brimmed hat or baseball cap
- 2 pairs long pants
- 1 pair black or khaki pants, shorts, skort, for Opening and Closing Days
- 2 pairs synthetic quick-dry shorts
- 1-2 swimsuits
- 2-3 synthetic quick-dry t-shirts
- 1-2 long-sleeved UV-blocking shirts for paddling (worn under PFD)
- 2-3 in-camp outfits (cotton shorts, t-shirt, or dress)
- Pajamas
- 8-10 sets underwear
- 4 pairs wool socks
- 4-6 pairs athletic socks
- 4 pairs synthetic hiking socks
- 1 pair **broken-in** hiking shoes/boots **or** sturdy tennis shoes (see footwear notes below)
- 1 pair water shoes (see footwear notes below)
- 1 pair sandals/flipflops for showering/ beach

REQUIRED EQUIPMENT

- 1 pea-less whistle on lanyard (ex: [Fox40](#))
- Wrist watch
- 1 synthetic, lightweight sleeping bag with compression sack

- 1 sleeping pad
- 1 set unbreakable bowl, cup, plate, cutlery set
- 1 headlamp with extra batteries
- 10-15 1-gallon zip-top bags or recycled grocery bags for waterproofing
- 1 small camping towel or washcloth
- 1 pair sunglasses with strap
- 2 1-quart or 1-liter drink bottles
- 1 toiletry kit: toothbrush, toothpaste, shampoo, etc.
- 1 twin-sized fitted sheet set and pillow
- 1 beach towel
- 1-2 bath towels
- 1 laundry bag
- Non-aerosol bottle sunscreen (SPF 15+)
- Lip balm (SPF 15+)
- Non-aerosol insect repellent (avoid high Deet concentrations)
- Passport and I9 documents

OPTIONAL ITEMS

- Personal flotation device (paddlers may want to bring their own)
- 3-4 carabineers (useful to secure drink bottles, dry bags etc.)
- Books
- Red, purple, green, and orange T-shirts for Quad competitions
- A journal or notebook and pens/pencils
- Digital camera or disposable camera (Miniwanca is not responsible for damage to personal cameras.)
- Deck of cards
- Stamps, paper, envelopes

Clothing and Equipment Packing Guidelines

Provided Equipment

Miniwanca supplies most of the general group and personal equipment for trips, including tents, backpacks, stoves and cooking equipment, first aid kits, emergency communication, etc. If you prefer to use your own backpack, feel free to bring it. Also feel free to bring additional leisure clothing for you time off.

Clothing Guidance

Please make sure all clothing/personal items are camp appropriate, meaning no vulgar words or pictures or references to drugs, alcohol, tobacco, or violence. All clothing should be durable, functional, and appropriate for the elements on trail and in camp. Swimwear should be functional and cover the body appropriately for active and unencumbered movement on the water.

Footwear

Closed-toed shoes are necessary for cooking, swimming in rivers and rocky-bottomed waters, paddling, and hiking. Crocs and Tevas are not considered closed toe; if you can see the toes, they are not considered closed toe. Keep in mind some shoes may overlap in purpose.

- **Water shoes:** These can be specifically designed water shoes, such as Keens, or tennis shoes. They should be closed toe and versatile (good traction on wet surfaces, provide support, and be quick drying). You use water shoes while kayaking and swimming in non-sandy water, river crossings, etc.
- **Hike:** Hiking boots are not required, but if you choose to bring them, make sure they are well broken-in before camps starts. This ensures comfort and avoids blisters and sore feet. They should be light- to medium-weight and provide sufficient ankle support. A sturdy pair of tennis shoes is also acceptable.
- **Sport sandals:** You'll wear sandals like Tevas, Chacos, or similar in the evening and around campgrounds for comfort and helping feet breathe after wearing closed-toed shoes all day. These sandals should have a rear strap to secure them to your feet (not flipflops).

Raingear: A waterproof rain jacket and rain pants are **required**. The jacket should fit over several layers of clothing and should be breathable, allowing for perspiration to escape while you stay dry.

Sleeping Bags: A mummy-style sleeping bag is strongly recommended. It must be filled with synthetic material, which stays warm even if it becomes wet (no cotton or down) and rated at least 40 degrees F. It must also include a stuff sack (also called a compression sack) so it takes up less space.

Period Products: If needed, bring enough period products for the entirety of your time at camp and on trail. These include pads, tampons, or other menstrual products, as well as pack-out and disposal items, such as brown paper bags, moist towelettes, and Ziploc bags.

Special Events: Bring a few outfits or items that will add to the fun of our special events such as a Wacky Dinner costume, Talent Show supplies (props, instruments, music for dance or theater classes you might teach), and one or two dressier outfits for closing banquets.

What NOT to Bring

- No personal food allowed in cabins or on trail. Miniwanca is a peanut-free facility and while on trail.
- No pocketknives, hunting knives, hatchets, axes, lighters, matches, candles, or fireworks.

- No aerosol cans for bug spray, hair spray or otherwise
- **All medications, including over-the-counter and vitamins, must be turned into the Health Team. These cannot be stored in cabins or in communal housing.**
- No drugs and drug paraphernalia, alcohol, tobacco products, or cannabis products

Purchasing/Replacing Items: We will stock basic needs (small shampoos, soaps, bug spray, etc.) for use in an emergency; however, you must purchase items you need in town on your days off. You can purchase additional or missing trail gear can several local gear /camping stores during your time off, as well. Miniwanca will also place an order through our pro-deal program during Wilderness Workshop that will offer a 25% discount on some items.

A Typical In-Camp Day

While in-camp, all Four Trails groups will follow the in-camp schedule and attend most all-camp activities. Skills sessions, gear packing, and Four Trails-specific blocks will occur during the Interest Group times.

Typical Day Schedule:

7:50 a.m.: Polar Bear call	3:15 p.m. Interest Group 2
8:00 a.m.: Rising Bell	4:15 p.m. Snack Time
8:30 a.m.: Morning Stretch	4:30 p.m. Interest Group 3
9:00 a.m. Breakfast	5:15 p.m. Camper Free Time
9:45 a.m. Leader Meeting	6:15 p.m. Dinner
10:30 a.m. Community Time	7:30 p.m. Night's Doings
11:30 a.m. Interest Group 1	9:00 p.m. Evening Reflection
12:45 p.m. Lunch	9:30 p.m. Bedtime Prep
1:30 p.m. Rest Hour	10:00 p.m. Lights Out for Younger Campers
2:35 p.m. Assembly/Quad Meetings	11:00 p.m. Lights Out for Older Campers
3:00 p.m. Passing and Prep Time	