



# Merrowvista Packing List

## Trailblazer

Please make sure all clothes and belongings are clearly labeled with the camper's name.

- The Merrowvista [Four Trails Program Handbook](#) contains detailed information on the specific type of clothing and gear required on trail.
- Consider living simply and packing less. Merrowvista staff will do camper laundry once during the two-week session and twice during the three-week session, and in the event of an accident or emergency.
- Temperatures can vary from 40 to 90 degrees F. Having an interior warm layer and an exterior **waterproof rain layer (jacket and pants) is required** to help keep your camper safe and comfortable. Campers should test their rain gear in the shower before arrival.
- We recommend active or functional swimwear that covers the body appropriately and allows for active and unencumbered movement and play on the waterfront.
- Consult a local outdoor retailer to find the right hiking boots if your camper is bringing them. [REI has a great guide](#) for picking the right pair.

### Clothing

- 1 **waterproof** raincoat
- 1 pair **waterproof** rain pants
- 1 synthetic/wool fleece jacket
- 1 fleece pullover or wool sweater
- 1 sweatshirt
- 1 pair sweatpants
- 1 pair hiking boots or sturdy sneakers (see footwear notes)
- 1 pair sneakers (see footwear notes)
- 1 pair water shoes (see footwear notes)
- 1 wool or synthetic winter hat
- 1 brimmed hat
- 1 pair wool/fleece mittens or gloves
- 2-3 pairs wool hiking socks
- 5-7 pairs athletic socks
- 2-3 swimsuits
- 5-7 cotton shirts
- 7 pairs underwear
- 5 pairs shorts (2 synthetic)
- 1 pair quick-dry shorts
- 2 long-sleeve T-shirts (at least 1 synthetic)
- 1-2 pair long pants (1 synthetic)
- 2 sets pajamas

- 1 pair shower shoes
  - 2 bandanas or Buffs
- ### Equipment
- Synthetic** sleeping bag with compression sack
  - Sleeping pad
  - Unbreakable bowl, cup, plate, cutlery set
  - Flashlight/headlamp with extra batteries
  - 4 20-gallon heavy-duty garbage bags
  - 8 one-gallon size Ziploc bags
  - 2 one-liter water bottles
  - 1 bath towel
  - 1 beach towel
  - 1 twin-sized fitted sheet
  - 1 pillow with pillowcase
  - 1 daypack or small backpack
  - 1 laundry bag

### Toiletries

- Toothbrush and toothpaste
- Shampoo, conditioner, and soap
- Toiletry bag
- Glasses/contacts (plus extras for trail)
- Sunscreen (SPF 15+)

- Lip balm (SPF 15+)
- Insect repellent (avoid high DEET concentrations)
- Necessary period products

### Optional Items

- Journal or notebook and pens/pencils
- Digital camera or disposable camera
- Sunglasses with strap
- Lightweight splash jacket (may use raincoat)
- Extra blanket
- Sport sandals (see footwear notes)
- Hand towel or washcloth
- Mosquito netting
- Book/cards
- Camp chair
- Musical instrument
- Fishing rod and tackle
- White shirt for tie-dye
- A watch (no smartwatches)
- Stationery, stamps
- Anything to make camper feel at home (stuffed animal, photos, etc.)



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### FOOTWEAR

Closed-toe shoes are required for campers to wear for cooking and hiking. Crocs and Tevas are not considered closed-toe. When choosing footwear for your trip, keep in mind some shoes may overlap in purpose.

- **Water shoes:** These can be specifically designed water shoes/sandals or an extra pair of tennis shoes. They must have good traction on wet surfaces, provide support, and be quick drying (**Crocs are not appropriate.**) These shoes are used while canoeing and swimming in non-sandy water/rivers, river crossings, etc. (e.g. Sneakers, Keens, Chacos, or Tevas with secure ankle/heel straps).
- **Sport sandals:** We wear these shoes in the evenings and around campgrounds for comfort and helping feet breathe after being in other shoes all day. These shoes should be securable (e.g. shoes like Tevas, Chacos, or similar).
- **Hiking boots:** Hiking boots are not required. However, if used, they should be **well broken-in** by campers before the start of camp. Hiking boots should be light to medium weight and provide sufficient ankle support. A sturdy pair of sneakers is also acceptable.

### 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.

### LUGGAGE

We recommend a small trunk or sturdy plastic storage bin with a lid (ex: Rubbermaid). 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.

### WHAT NOT TO BRING:

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

- Electronics such as smartphones, tablets, smartwatches, fitness trackers, e-readers, or other connected devices. Digital cameras are OK. **Any smartphone or Internet-connected device will be checked into safekeeping for the duration of the session.**
- Because we have campers with severe food allergies, outside food, beverages, candy, and gum are not allowed.
- Pocketknives, 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 [2024 Health Policies](#) for more information.