



Adventurer Packing List

Miniwanca

- The [Four Trails Camper & Family 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 use. Consider living simply and packing less.
- Temperatures can vary from 40F to 90°F. An interior warm layer and an exterior rain layer are 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). [See handbook](#) for more details.
- Visit a local outdoor retailer to find the right hiking boots. [REI has a great guide](#) for picking the right pair.
- Miniwanca will provide tents, canoes, PFDs, cooking supplies, and all meal and snacks.

Trail Clothing

- 1 warm hat
- 1 brimmed hat (for sun protection)
- 1 pair **waterproof** rain pants
- 1 **waterproof** rain jacket
- 1 light synthetic/fleece jacket
- 4 sets underwear
- 4 synthetic short-sleeved shirts
- 4 pairs quick-dry shorts
- 1 pair pants
- 2 UV blocking sun shirt
- 2 sets of Thermal base layer (top and pants)
- 1 cotton outfit (for evenings)
- 2 swimsuits
- 3 pairs synthetic or wool **hiking** socks
- 3 pairs athletic socks
- 1 pair **broken-in** hiking boots or sturdy sneakers
- 1 pair sandals or other off-trail shoes

Trail Equipment

- Synthetic, lightweight** sleeping bag with stuff sack
- Sleeping pad
- Unbreakable bowl and mug

- Unbreakable multi-use utensil
- Sunglasses (polarized recommended)
- 2-3 heavy-duty trash bags
- 3-5 1-gallon freezer Ziploc bags
- Quick-dry camp towel
- Headlamp with spare batteries
- 2 1-liter water bottles

Toiletries

- Toothbrush and toothpaste
- Shampoo and conditioner and soap for in camp
- Travel-size biodegradable soap
- Glasses/contacts (plus an extra set for the trail)
- Sunscreen (SPF 30+)
- Insect repellent
- Lip balm with SPF
- Enough period products for your session

In-Camp Clothing

- 4 pairs shorts
- 1 pair pants
- 5 shirts
- 1 swimsuit
- 7 sets underwear
- 2-3 pairs athletic socks

In-Camp Supplies

- Pillow
- Twin sheet set
- Shower shoes
- Beach towel
- Bath towel
- Laundry bag

Optional Items

- Camping pillow
- Blanket
- Watch (no smartwatches)
- Camera (no smartphones)
- Stationary, envelopes, stamps
- Journal and pens/pencils
- Books/cards (no e-readers)
- Gloves
- Camp Chair (Ex. Crazy Creeks)
- Camper spending money (see handbook for amounts)



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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).
- Sandals: These shoes are utilized in 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).

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.