



# Merrowvista Packing List

## Odyssey

- The Merrowvista [Four Trails Program Handbook](#) contains detailed information on the specific type of clothing and gear required on trail.
- Clothing and toiletries may be used in-camp **and** on-trail. Consider living simply and packing less.
- Temperatures can vary from 40 to 90 degrees 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.
- Odyssey Campers will receive fresh clothes at resupply that they will pack separately before they leave.

### 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)
- 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)
- Hiking poles
- Carabiner
- 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 head net
- 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.

### 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 dry quickly. **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).
- **Hiking Boots:** Boots should be sturdy, ankle high and well broken-in. 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.

### 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 two weeks prior to camp, insured, prepaid, and marked with camper name and destination.

### SPECIAL DAYS

- **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 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 & Wellness Policies](#) for more information.

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