



Odyssey 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 in-camp **and** on-trail. Consider living simply and packing less.
- Temperatures can vary from 40 to 90 degrees 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, backpacks, canoes, PFDs, cooking supplies, and all meals and snacks.
- Odyssey Campers will have a chance to swap out for fresh clothes at resupply that they will package separately before they leave for trail.

Trail Clothing

- 1 warm hat
- 1 pair wool/synthetic fleece gloves
- 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
- 1 thermal base layer (top and pants)
- 1 cotton outfit (for evenings)
- 1 active swimsuit
- 4-5 pairs synthetic or wool **hiking** socks
- 3 pairs athletic socks
- 2 bandanas
- 1 pair **broken-in** hiking boots
- 1 pair sandals or other off-trail shoes

Trail Equipment

- Synthetic, lightweight** sleeping bag with stuff (compression) sack

- Sleeping pad
- Unbreakable bowl and mug
- Unbreakable multi-use utensil
- Sunglasses (polarized recommended)
- 2-3 heavy-duty trash bags
- 6 1-gallon freezer Ziploc bags
- Quick-dry camp towel
- Headlamp with spare batteries
- 3 1-liter water bottles

Toiletries

- Toothbrush and toothpaste
- Shampoo and conditioner and soap for in-camp
- Travel-size biodegradable soap
- Glasses/contacts (plus extra set for 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
- 6 sets underwear
- 2-3 pairs athletic socks
- 1 pair sneakers

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)
- Sunglasses strap
- White t-shirt
- Trekking poles
- Camper spending money (see handbook for amounts)



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HIKING BOOTS

Miniwanca strongly suggests campers bring a pair of hiking boots that are 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.

SPECIAL DAYS

- Odyssey campers often choose to wear a white t-shirt during their closing reflection.

TRAIL EQUIPMENT

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

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.