



Merrowvista Packing List

Trailblazer, Explorer, Adventurer, Voyageur

The Merrowvista [Four Trails Program Handbook](#) contains detailed information on the specific type of clothing and gear required on trail. Please contact Mads Chomentowski at mchomentowski@ayf.com if you have any questions or concerns about the items on this list.

- 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.

WE WILL PROVIDE:

- Tents
- Backpacks
- Meals & Snacks

TRAIL CLOTHING HIKE/CANOE: (can be used in-camp as well)

- 1 wool/synthetic fleece hat
- 1 brimmed hat (for sun protection)
- 1 pair waterproof rain pants
- 1 waterproof rain jacket
- 1 wool/fleece midweight layer/jacket
- 4 sets underwear
- 2-3 synthetic shirts
- 1-2 pairs quick-dry shorts
- 1 pair lightweight pants
- 1 thermal base layer (top and pants)
- 1 set active swimwear (see notes)
- 2-3 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 rated to 30 F or warmer
- Sleeping bag compression sack
- Sleeping pad (if inflatable, you must bring a patch kit)
- Unbreakable bowl
- Unbreakable multiuse utensil
- Sunglasses (polarized recommended) and sunglass strap
- 2 1-liter water bottles
- Headlamp and spare batteries
- 2-3 heavy-duty trash bags

CYCLING-SPECIFIC EQUIPMENT:

(see notes)

- 2 pairs padded bike shorts
- Chamois or zinc oxide cream
- 1-2 bike water bottles **or** Camelbak or equivalent hydration system
- 3 bungee cords to affix items to bike
- 1 bike helmet
- 1 reflective safety vest
- 1 pair sneakers
- 1-2 synthetic shirts (no tank tops)



Merrowvista Packing List

Trailblazer, Explorer, Adventurer, Voyageur

OPTIONAL ITEMS:

- Watch (**highly recommended** not smartwatch)
- Digital or disposable camera (not smartphone)
- Hiking poles
- Carabiner(s) (for attaching items to hiking pack)
- 1 pair wool/synthetic gloves
- 2-3 pairs wool/synthetic liner socks (extremely helpful for preventing blisters while hiking)
- 1 pair fleece pants
- 1 shade hoodie
- 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
- Bike gloves
- Extra blanket
- Insect head net
- Separate camping pillow

CYCLING EQUIPMENT (Explorer and Voyageur)

Bike shorts: These should be shorts made for cycling. They should be synthetic and padded. The padding is extremely important for comfort when cycling longer distances.

Bike water bottles: These are squeeze-able water bottles that are the right size for a water bottle cage on a bike. They allow for easy access to water while cycling. A camelback or similar bladder/straw set-up can fulfill this purpose as well.

Helmet: This is a crucial piece of gear for cycling. The helmet must be for cycling specifically, not skateboarding, rollerblading, skiing, etc., must be CPSC or ASTM certified, and be newer than five years old.

Cycling shirts: These do **not** have to be cycling-specific jerseys and can be used for hiking and/or canoeing as well, but they must have at least short sleeves (no tank-tops). This is for sun protection and to mitigate road-rash should a cyclist fall.

Footwear: Sneakers are suitable footwear for the cycling trips. If your camper would like, it can be helpful to have a hard-sole shoe for cycling. This helps with energy transfer when pedaling but is not necessary. The priority for footwear is comfort and durability. Campers will not be permitted to use clip-in shoes/pedals for Merrowvista cycling trips.

TRAIL EQUIPMENT

Campers are encouraged to pack trail equipment if they'd like, but Merrowvista can supply any items on this list, as well as specialty clothing like raingear. Camp families should notify us in advance to ensure we have adequate quantities. We have **limited** supplies of almost everything.

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.



Merrowvista Packing List

Trailblazer, Explorer, Adventurer, Voyageur

FOOTWEAR

Closed-toe shoes are required for campers to wear for cooking, hiking, and canoeing. **Crocs and Tevas are not 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 like Keens or an extra pair of sneakers (not Crocs). They must have good traction on wet surfaces, be closed-toe, provide support, and dry quickly. These shoes are used while canoeing and swimming in non-sandy water/rivers, river crossings.
- **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 2 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.

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.
- Snacks, sodas, or sports drinks. 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 [2026 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.