



# Merrowvista In-Camp Packing List

- **Please make sure all clothes and belongings are clearly labeled with your camper’s name or initials.**
- Consider living simply and packing less! Camper laundry will be done once a week for sessions longer than 2 weeks, or as needed.
- Temperatures can range from 40 to 95 degrees F. Having an interior warm layer and an exterior rain layer is essential to help keep your camper safe and comfortable.
- 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:

- 1-2 pairs long pants (1 synthetic)
- 4 pairs shorts (2 synthetic)
- 2 sets of active swimwear (see notes)
- 1 pair sturdy sneakers
- 5-7 pairs athletic socks
- 1-2 pairs wool or fleece socks
- 5-7 T-shirts (2 synthetic)
- 2 long-sleeve T-shirts (1 synthetic)
- 1 sweatshirt
- 1 pair sweatpants
- 7 pairs underwear
- 2 nightshirts or pajamas sets
- 1 fleece pullover or wool sweater
- 1 wool or fleece hat
- 1 pair wool/fleece mittens or gloves\*
- 1 **waterproof** raincoat
- 1 pair shower shoes (ex: flip flops)
- 1 pair hiking shoes\* (see notes)
- 2 bandanas

## EQUIPMENT:

- 1 cot- or twin-sized fitted sheet
- 1 pillow with pillowcase
- 1 sleeping bag (synthetic fill) with compression sack
- 1 sleeping pad\*
- 1 daypack (small backpack like for school)
- 1 unbreakable camping bowl and spoon\*
- 1 pair sunglasses\* (polarized recommended)
- 2 1-liter water bottles
- 1 headlamp with extra batteries
- 2-4 heavy-duty trash bags\*
- 2 gallon-sized Ziploc bags\*
- 1 beach towel
- 1 bath towel
- 1 laundry bag (clearly label-washed with clothes)

## OPTIONAL ITEMS:

- Extra blanket
- Hand towel or washcloth
- Mosquito netting for bunk
- Book/cards
- Camp chair
- Musical instrument
- Fishing rod and tackle
- White shirt for tie-dye
- A watch (no smartwatches)
- A digital or disposable camera (no smartphones)
- Journal, pen, pencils
- Stationery, stamps
- Anything to make camper feel at home 😊

## TOILETRIES:

- Toothbrush and toothpaste
- Shampoo and conditioner
- Soap
- Body lotion
- Insect repellent (avoid 35% or more DEET)
- Sunblock (SPF 30+)
- Lip balm with SPF
- Period products
- Glasses/contacts

\*One-week campers do NOT need these items.

### FORESTERS ONLY

**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.

**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.



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## ACTIVE SWIMWEAR

We recommend active or functional swimwear that allows for unencumbered movement and play on the waterfront.

## HIKING SHOES

Merrowvista strongly suggests campers bring a pair of sturdy sneakers that are well broken in to prevent blistering. Shoes should be sized to fit comfortably with two pairs of socks (one lightweight and one heavyweight). Break in shoes by wearing them regularly two months prior to coming to camp.

## LUGGAGE

A small trunk or sturdy plastic storage bin with a lid (e.g., 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

- Wacky Dinner (for 1- and 3-week campers): Be creative and get wacky!
- Enchanted Dinner (for 2- and 3-week campers): The Eating Lodge is transformed into an enchanted realm where all mystical creatures are welcome.
- Superhero Dinner (for 2- and 3-week campers): 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.

## PERSONAL SPORTS EQUIPMENT

Campers should check with leaders to make sure equipment is stored appropriately so as not to be accessible as a potential safety risk.

## WHAT NOT TO BRING

- **Electronics such as smartphones, tablets, smartwatches, fitness trackers, e-readers, or other connected devices.** Digital cameras are allowed. Any smartphone or Internet-connected device will be checked into safekeeping for the duration of the session.
- Snacks, sodas, sports drinks, and any outside food, candy, or gum
- Pocket knives, hunting knives, hatchets, axes, lighters, matches, candles, or fireworks
- Aerosol cans for sunscreen, bug spray, hair spray, or other products
- Personal medications
- All medications, **including over-the-counter and vitamins**, must be turned into the Health Team at check in. Please review our [2025 Health & Wellness Policies](#) for more information.

If campers bring any of the items listed above, staff will collect them for the session and return them at the end of camp.