

EQUIPMENT LIST for Four Trails Campers

While some of the equipment listed may not seem to fit your idea of summer weather, it is ALL very important. In the mountains and in the northern reaches of some of our trips, temperatures can range from 40 to 90 degrees even in the summer. Please follow the guidelines below:

- **Fabrics:** Please only bring synthetic (i.e. Polyester, Polypropylene) fabrics, wool, or fleece where indicated on the list. These important items cannot be cotton or poly/cotton blends, as cotton loses its insulating properties when wet. **Please check your tags prior to arrival.**
- **Raingear:** Your raingear is one of the most important pieces of clothing for keeping you comfortable. It must be waterproof. As some raingear wears out after several years, please check your raingear in the shower before bringing it to Merrowvista. You can re-waterproof!
- **Layers:** Make sure that your trip clothing allows ample room for layering clothing on top of one another. Your rain jacket should be big enough to allow you to wear 3 layers underneath it without feeling tight or restrictive, and your heaviest insulation layer should fit comfortably over a lighter layer which should fit comfortably over your thin long underwear. Clothing that is too tight makes insulation hold less air and be less effective.
- **Sleeping Bags:** We require synthetic fill bags (no down) and we prefer ‘mummy’-style bags with hoods. Bags must be rated to 30 degrees. Warmer 10-20 degree bags are also great.
- **Label with Name:** Please make sure all items are clearly labeled with camper’s name.

Please feel free to contact us with any questions or requests for information!

We have supplementary materials on purchasing, sizing, or maintaining equipment.

Remember, your gear does not have to be expensive, but it does have to keep you warm and dry.

General Equipment

- 1 Sleeping Bag, 30° (with synthetic fill)
- 1 Sleeping Pad*
- 1 Flashlight* or headlamp* (We recommend the hand crank flashlights that do not require batteries)
- Extra Batteries* (if needed for flash light)
- 3-4 One-Liter water bottles*
- 1 Small daypack (optional)
- 1 Pair of sunglasses
- 1 Small hand towel
- 8 Heavy duty garbage bags
- 1 Bowl*, cup, fork*, & spoon*
- 1 Toiletry kit (toothpaste, shampoo, eye care products...)
- 2 Pens*/pencils*
- 12 “Ziploc” type bags (for waterproofing)
- 1 Journal or notebook*
- 1 Insect repellent* (avoid repellent with concentration of >35% DEET. No aerosol)
- 1 Sunblock* (at least SPF 15)
- 1 Insect headnet (“no-see-um” proof)
- 1 Small bottle of hand sanitizer

* Denotes clothing or equipment available in the camp store.

On-Trip Clothing

- 2 Polypropylene or wool long-underwear top*
- 1 Polypropylene or wool long-underwear bottom*
- 1 Heavy insulating jacket - fleece or polyfill
- 1 Fleece or wool sweater or pullover
- 1 Pair of fleece or wool pants*
- 1 Pair wool or polypro mittens/gloves
- 1 Wool or fleece hat*
- 1 Waterproof raincoat*
- 1 Waterproof rainpants*
- 1 Lightweight “quick drying” pants (optional)
- 2 Pair of “quick drying” shorts
- 1 Long sleeve cotton T-shirt*
- 2 Cotton or Synthetic active t-shirts
- 2 Pair of sturdy sneakers (one pair will get wet)
- 3 Pairs wool or synthetic hiking socks*
- 7 Pairs of underwear
- 1 Brimmed hat (optional)
- 2 Bandannas*

Female Campers

In order to be prepared on your trip, please come equipped with an adequate amount of:

- Synthetic sports bras
- Feminine Hygiene Products, Brown Paper Bags, Ziploc Bags

In-camp clothing

- | | |
|--|---|
| <input type="checkbox"/> 4 T-shirts* | <input type="checkbox"/> 1 Sweatshirt* or fleece jacket |
| <input type="checkbox"/> 1 Long pair of pants (jeans are fine) | <input type="checkbox"/> 2 Pairs of shorts |
| <input type="checkbox"/> 4 Pairs of cotton socks | <input type="checkbox"/> 1 Beach towel |
| <input type="checkbox"/> 1 Bath towel & wash cloth | <input type="checkbox"/> 1 Bathing suit (1-piece only) |
| <input type="checkbox"/> 1 Fitted sheet (cot or twin size) | <input type="checkbox"/> 1 Pillow |
| <input type="checkbox"/> 1 Pair of sneakers or running shoes | <input type="checkbox"/> 4 Pairs of underwear |

Backpacking Gear

- 1 Pair of sturdy hiking boots (See Note)
- 2 Pair of sock liners (polypropylene)

Optional

- 1 Sturdy backpack (4500-6000 in³ Intern Frame)
- 1 Pair of sandals (not in place of sneakers)
- 1 Pack Cover
- 1 Set of Gaiters
- Trekking Poles

Bicycling Gear

- 2 Pair of cotton or polypro socks
- 1 Pair of bicycling gloves*
- 1 Bike helmet*
- 2 Bicycling shorts*
- 2 Bicycle water bottle*
- 1 Reflective safety vest*
- 4 -6 Bungee Cords

Optional

- 1 Touring bicycle (see note)
- 1 Bike jersey* (no sleeveless jerseys)
- 1 Pair of rear panniers
- 1 Bike shoes—flat, stiff soled sneakers

Optional Items

- | | |
|--|---|
| <input type="checkbox"/> Sandals (not a substitute for sneakers) | <input type="checkbox"/> Camelback-type Hydration System |
| <input type="checkbox"/> Insulating or Fleece vest | <input type="checkbox"/> Nylon wind jacket |
| | <input type="checkbox"/> Stationary*, postcards*, envelopes*, stamps* |

Boots: Nothing is as important to hiking comfort as a good pair of boots. We recommend:

- High-cut with plenty of ankle support
- Waterproof synthetic (Gore-tex) or full leather
- Heavy Sole for Hiking (Deep lugs)

Comfort is the most important quality. If possible visit a backpacking or outdoors store to try on different pairs of boots, even if you end up purchasing boots elsewhere. Try on the boots late in the day when your feet have swelled and leave plenty of room for your toes. Please call if you want more information on boot sizing and purchase.

Break in boots for 2 months before arriving at camp!!!

Bringing your Bicycle: Should you chose to bring your own bicycle, we recommend the following guidelines:

1. Your bike should have a \$350 minimum retail value.
2. Please have it in good running order—have a tune-up prior to camp.
3. Tires should be in excellent shape. If your bike has 700c wheels or is a mountain bike, please bring 2 spare tubes & a spare tire. We recommend slick tires if bringing a mountain bike.
4. Please equip your bike with a good quality rear rack.
5. True racing bikes are not well suited for touring.
6. Bring at least 6 spare spokes.
7. Most bicycles can be shipped UPS through your local bike shop.

DO NOT BRING

We believe the following detract from the campers experience or create a safety hazard. In appreciation of the community please make sure NOT to bring these items:

- snacks, sodas, gum, candy
- hunting knives, pocket knives, axes, & hatchets
- lighters, candles, aerosol cans
- cell phones, radios, boom boxes, mp3 players, ipods, gameboys, or similar items
- Cash (please have camper turn in cash for safekeeping)

If campers bring these items, staff will gather and keep until the end of camp.