



EQUIPMENT LIST FOR ODYSSEY

American Youth Foundation
Merrowvista
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Congratulations on starting out on one of the greatest summer experiences possible. The beginning of part of your preparation is this list, so please read it carefully!

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:

- **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. While tightly laced up, knock the toe of your boots against the ground behind you. If your toe touches the front of your boot, you should buy a larger pair to avoid bruising toes on long downhills. Try on the boots late in the day when your feet have swelled to see if they still fit. And finally, break them in for at least 2 months. There is no such thing as breaking your boots in too much. Three days per week of daily wear plus a few practice hikes over the course of a couple months should do it.
- **Fabrics:** Please only bring synthetic (i.e. 100% Polyester, Polypropylene) fabrics or wool 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 clothing tags prior to arrival.** Polypro is a thin fabric generally made of 100% polyester, and fleece, on this list, indicates a thick, fuzzy fabric made of 100% polyester such as Polartec.
- **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. (Seriously! It's fun!)
- **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.



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

1 Beach towel 1 Bathing suit (1-piece only)

In addition, bring 2 changes of clothing for opening and closing day.

Backpacking Equipment

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

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
- Camelback-type hydration system
- Nylon wind jacket
- Camera* & film*
- Book / Deck of cards

Backpacks: Odyssey has many great days of hiking, and like a turtle, you want to have your house fit comfortably on your back. If you are bringing your own backpack, please make it a rugged backpack intended for trips from 3-15 days in length. Please avoid travel backpacks. In general, you will need about 4500-6000 cubic inches for internal frame packs, less for external frame packs.

***Available in the camp store. ** Available in online store.**

On-Trip Clothing

- | | |
|---|---|
| <input type="checkbox"/> 2 Polypro or wool long-underwear top* | <input type="checkbox"/> 2 Polypro or wool long-underwear bottom* |
| <input type="checkbox"/> 1 Heavy insulating jacket - fleece or polyfill | <input type="checkbox"/> 1 Fleece or wool sweater or pullover |
| <input type="checkbox"/> 1 Pair of fleece or wool pants* | <input type="checkbox"/> 1 Pair wool or polypro mittens/gloves |
| <input type="checkbox"/> 1 Wool or fleece hat* | <input type="checkbox"/> 1 Waterproof raincoat* |
| <input type="checkbox"/> 1 Waterproof rain pants* | <input type="checkbox"/> 1 Lightweight "quick drying" pants |
| <input type="checkbox"/> 2 Pair of "quick drying" shorts | <input type="checkbox"/> 1 Long sleeve cotton T-shirt* |
| <input type="checkbox"/> 3 Cotton or Synthetic active t-shirts | <input type="checkbox"/> 2 Pair of sturdy sneakers (one pair may get wet) |

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:

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

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

