



EQUIPMENT LIST for VOYAGEURS

Please Apply for Passport
By April 1st at the very latest

American Youth Foundation
Merrowvista
147 Canaan Road, Ctr. Tuftonboro, NH 03816
603-539-6607 • 603-539-7504 (fax)
www.ayf.com

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 or wool when 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.**
- **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 a rain-storm or the shower before bringing it to Merrowvista.
- **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 a hand crank flashlight that does not require batteries)
- Extra Batteries* (if needed for flashlight)
- 1-2 One-Liter water bottles*
- 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

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 rain pants*
- 1 Lightweight "quick drying" pants (optional)
- 1 Pair of "quick drying" shorts
- 1 Long sleeve cotton T-shirt**
- 4 Cotton or Synthetic active t-shirts for riding
- 2 Pairs wool or synthetic hiking socks*
- 7 Pairs of underwear
- 1 Brimmed hat
- 2 Bandannas*

***Available in the camp store.**

**** Available in online store.**



PASSPORT (MUST HAVE)

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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"/> 2 T-shirts** | <input type="checkbox"/> 1 Sweatshirt** or fleece jacket |
| <input type="checkbox"/> 1 Long pair of pants (jeans are fine) | <input type="checkbox"/> 1 Pair of shorts |
| <input type="checkbox"/> 2 Pair 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"/> 2 Pair of underwear |

Bicycling Gear

- 5 Pair of socks for riding
- 1 Pair of bicycling gloves*
- 1 Bike helmet*
- 2 Pair Bicycling shorts*
- 2 Bicycle water bottles*
- 1 Reflective safety vest*
- 6-8 Bungee Cords
- 1 Pair of Shoes for Riding (see note)
- 1 Nylon wind jacket

Optional

- 1 Touring bicycle (see note)
- 2 Bike jersey* (no sleeveless jerseys)
- 1 Pair of rear panniers
- 1 Pair of in-camp shoes or Sandals
- Front Handlebar Bag
- Camelback-type Hydration System
- Insulating or Fleece vest
- Stationery*, postcards*, envelopes*, stamps*
- Camera* & film*
- Book / Deck of cards

Footwear & Pedals:

The shoes that you will be biking in should be stiff-soled and light-weight to provide the best efficiency while biking. Most sneakers and running shoes will fit this requirement.

Clipless Pedals and Shoes may be brought if participant is familiar and comfortable with their use.

A second pair of shoes or sandals are great to change into after the riding day is over.

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, candy, gum
- 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.

