Merrowvista Education Center

CLOTHING & EQUIPMENT LIST

As you prepare to come to Merrowvista, this list will help you with your packing! It can be very cold in the New Hampshire mountains, so please bring a jacket. Many of the activities you will be involved in take place outside regardless of weather, so please be prepared.

(Quantities suggested are for a two-day trip. Please pack what <u>you</u> feel is necessary for this two-day Retreat. This is a rain or shine retreat. LNH Staff)

NECESSARY:
LNH Name Badge
2 – pairs of jeans or pants
1 – warm shirt
2 – tee shirts
1 – sweaters (wool) or a fleece/pile jacket
3 – pairs of socks (1 wool)
1 – pair of pajamas
1 – change of underwear
2 – pairs of shoes/sneakers – sturdy hiking boots or shoes suggested
In case one pair gets wet!
1 – RAINCOAT or poncho
1 – pair of gloves
1 – hat or ear warmers
1 – pair of shorts (for the optimists out there!)
Blankets or sleeping bags for extra warmth

1 – set of personal toilet articles:

toothbrush and paste	soap
face cloth	comb/brush
towel	other personal needs

1 – flashlight

PROVIDED: Pillow, sheets, and one blanket

OPTIONAL:
Bathrobe and slippers
Camera and film
Compass or binoculars
Personal journal and reading materials

PLEASE DO NOT BRING:
Money or valuables
Hatchets or knives of any kind
Electronic games, or radios

6/06