

Counselor-in-Training (CIT) Packing List

Participants in Leadership Programs should pack in a large duffel bag or backpack. The items on this list cover everything that will be needed for all components of your program. If you bring more than is necessary it will be left behind at camp during your trip, so please keep excess to a minimum. *Please mark all of your belongings with your first and last name.*

All CIT Participants Should Pack:

Face mask (disposable or washable, must be at least a two-layer face mask that covers the nose, mouth, and chin)

Why? This is in line with our infectious disease protocol

Wristwatch

Hiking Boots or shoes

-You will wear these for most of the time you are at camp. They must be comfortable and sturdy. **Wear them a lot before camp so that they will be broken in**

Sleeping pad (CCO can supply one)

Sleeping Bag & Stuff Sack

-Synthetic & rated to 20 or 30 degrees *must stuff to a small size that can be easily carried

Long Underwear top and bottom

-**No cotton.** It will **not** keep you warm when wet. Polypropylene is the best fabric for warmth and comfort

1 Day pack

-This should be a school book size backpack; It should be large enough to hold rain gear, extra clothes, sunscreen, water bottle, and lunch for day hikes

60-75L Frame backpack (CCO can supply one)

2 Water bottles (**32 oz. Nalgene bottles are best**)

1 rain poncho or rain jacket/pants combination (**highly recommended**)

- If you elect to bring a poncho, make sure that it is sturdy and long enough to cover you with a backpack on

Sandals with heel strap (**no flip flops**) for rafting

1 fleece jacket

1 light weight fleece shirt/jacket or wool sweater

1-2 pair sweatpants or fleece pants

2-3 pairs long pants (jeans, hiking, etc.)

2-3 pair shorts

1 pair tennis shoes

3-4 pair thick hiking socks

4-5 pairs cotton socks (for in camp)

6-10 pairs underwear (personal preference)

2-3 long sleeve shirts

4 t-shirts (no sleeveless, tube or tank tops)

2 synthetic or wicking t-shirts

Warm winter hat

Baseball hat

Swimming suit

1-2 Bandanas

Towel & wash cloth

Mesh laundry bag (laundry is done the second weekend)

Flashlight or headlamp, extra batteries

Sunscreen, Chapstick, insect repellent

Toiletries (toothbrush/paste, etc.)

Lightweight gloves

Sunglasses with a retainer strap; retainer strap for eyeglasses

Optional Items:

Camera (inexpensive labeled with name)

Small pillow (airplane size)

Paper, pen, envelopes, and stamps

Journal/book/musical instrument

"Crazy Creek" / camp chair

Gaiters for hiking

Backpack rain cover

DO NOT BRING:

- Drugs, alcohol or tobacco **Possession, use, and/or sale of alcohol, tobacco, and/or drugs will be cause for a camper to be sent home early, without refund, at the parent's expense*
- Knives or guns
- Expensive items that are not required for the program
- Cell phones, tablets, iPads, smart watches, or other electronics (**Except CITs - will have some short-scheduled time on the weekends to use cell phones only**) devices will be stored in locked safe in the office outside of these times
- Spending money (**except campers arriving by airport and CITs. CITs will have one scheduled, supervised night away from camp and may bring money to purchase snacks**)