

# 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
- 60-75L frame backpack (CCO can supply one)
- 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
- 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
- 2 water bottles (32 oz. Nalgene bottles are best)
- Sandals with heel strap (no flip flops) for rafting
- 1fleece jacket
- 1-2 pairs sweatpants or fleece pants
- 2-3 pairs shorts
- 3-4 pairs thick hiking socks
- 6-10 pairs underwear (personal preference)
- 4 t-shirts (no sleeveless, tube or tank tops)
- Warm winter hat
- Towel & wash cloth
- Toiletries (toothbrush/paste, etc.)
- Sunglasses with retainer strap; retainer strap for eyeglasses
- Flashlight or headlamp, extra batteries
- 1 lightweight fleece shirt/jacket or wool sweater
- 2-3 pairs long pants (jeans, hiking, etc.)
- 1 pair tennis shoes
- 4-5 pairs regular socks (for in camp)
- 2-3 long sleeve shirts
- 2 synthetic or wicking t-shirts
- Baseball hat
- 1-2 bandanas
- Mesh laundry bag (laundry is done the second weekend)
- Lightweight gloves
- Sunscreen, chapstick, insect repellent

## Optional Items:

- Camera (inexpensive labeled with name)
- Paper, envelopes, and stamps
- Journal/book/musical instrument
- "Crazy Creek" or small camp chair
- Small pillow (airplane size)
- 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/guardian's expense)
- Knives, guns, or any weapons
- Expensive items that are not required for the trip
- 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)