

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:

- Hiking Boots
 - 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 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
 - Do not bring 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, sunblock, water bottle, and lunch
- 2 Water bottles (**32 oz. Nalgene bottles are best**)
- 1 rain poncho or rain jacket/pants combination (jacket/pants combination recommended)
 - If you elect to bring a poncho, make sure that it is sturdy and long enough to cover you with a pack on. Ponchos cannot be used while rafting for safety reasons.
- Durable sandals (**not flip flops!**) for rafting
- 1 fleece jacket
- 1-2 pair sweatpants or fleece pants
- 2-3 pairs shorts
- 3-4 pair thick hiking socks
- 6-10 pairs underwear (personal preference)
- 4 t-shirts (no sleeveless, tube or tank tops)
- Winter stocking cap
- Swimming suit
- Towel & wash cloth
- Small flashlight or headlamp, extra batteries
- Toiletries (toothbrush/paste, etc.)
- Sunglasses with a retainer strap; retainer strap for eyeglasses
- 1 light weight fleece shirt/jacket or wool sweater
- 2-3 pairs long pants (jeans, etc.)
- 1 pair tennis shoes
- 5 pairs cotton 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 on weekends)
- Sunscreen, chapstick, insect repellent
- Lightweight gloves

Optional Items:

- Camera (inexpensive labeled with name)
- Paper, envelopes, and stamps
- Your own frame backpack (CCO can supply one)
- Gaiters for hiking
- Backpack rain cover
- Small pillow (airplane size)
- Journal/book/musical instrument
- Your own sleeping pad (CCO can supply one)
- "Crazy Creek" Chair

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 trip
- Radios, cell phones, mp3 Players, cd's, or electronic games

- Spending money (***except campers arriving by plane and CITs/CWITs who will have one supervised night away from camp and may bring money to purchase snacks***)