

Counselor in Training (CIT) PACKING LIST

YMCA Camp Lakewood

This is a recommended packing list for a four week CIT session. Quantity may vary depending on your child. **CITs will have the opportunity of going into town between their 2nd and 3rd week of camp to do laundry.** Your CIT camper will need at least \$30 additional in their Trading Post account for laundry and supervised days off.

We encourage you to send old clothing, as your camper will be camping out, sleeping on the ground, doing rugged sports, climbing, and hiking through the woods. Do not send expensive or favorite clothing to camp.

Please make sure that your child's clothing is appropriate for camp. That means that shorts should come to the middle of the thigh and not allow the camper's bottom to be visible. Shirts should not be midriff or have alcohol, drug or profane messages on them. Campers should have at least one pair of sneaker type shoes or sport sandals.

Long pants and boots (or sturdy tennis shoes) are required for horseback activities. Tie dying is an option for campers to choose as a cabin activity, so please send a white item (example: t-shirt, socks, pillowcase, etc.).

Luggage should be compact and easy to carry. Swimwear and towel should be packed at the top of the camper's suitcase as campers will have swim test shortly after check-in. **Do not pack medications in your camper's luggage.** All medications (prescription and over the counter) will be given to the nurse upon arrival.

Remember to mark all belongings. Mark all items with a laundry label or permanent marker. Name labels/laundry markers can be purchased at everythingsummercamp.com with camp code trail315LW.

We will make every effort to return lost and found items while your camper is in camp, but your camper can do more than anyone to insure that nothing is lost. Items found after your child's camp session will be placed in our camping center, and may be claimed by description. Please be especially thorough on checkout day as sometimes medications or whole bags are left behind. If you discover something is

missing, upon your return home, please call immediately. The more time that passes, the less likely it can be found. You will be responsible for postage charges for sending lost items home. After September 1, all remaining items will be donated to a local charity.

Camp Lakewood is not responsible for lost, stolen, or damaged clothing or equipment.

OPTIONAL

Sunglasses
Disposable Camera
Item to Tie Dye
Zany Campfire Costume
3 1/2" knife or multi-tool

DO NOT BRING!

Cell Phones	Skateboards
Aerosol Cans	Rollerblades
Radio/iPod	Money
Electronic devices	Bad Attitude
Video Games	Mirrors/Glass
Candy or Gum	Curling Irons
Jewelry	Library Books

Also, the following items are absolutely not allowed at camp: fireworks, guns, tobacco products, lighters/matches, illegal drugs/ alcohol, or gang apparel.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CIT PACKING LIST

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Suggested	# Sent	CLOTHING LIST	# Returned
14		T-shirts and shirts	
10		Shorts	
1		Old t-shirt and shorts	
13		Underclothes	
13		Pairs of socks	
1		Sneakers	
1		Sport sandals	
1		Sweatshirt/light jacket	
2		Swimsuit	
4		Bath towel & wash cloth	
2		Night clothes	
1		Poncho/raincoat - <i>required</i>	
1		Hat - <i>protection from sun/rain</i>	
1		Caving clothes - sneakers, long pants, t-shirt These will NOT come clean	
Suggested	# Sent	BEDDING	# Returned
1		Sleeping bag - <i>for overnights</i>	
1		Pillow/pillowcase	
1		Sheets (twin)	
Suggested	# Sent	OTHER ITEMS	# Returned
1		Toiletries/shower bag/shampoo	
1		Soap	
1		Toothbrush/toothpaste	
1		Comb/brush	
1		Water Bottle - <i>required (available for purchase at camp)</i>	
1		Laundry Bag - <i>required</i>	
1		Flashlight/batteries	
1		Backpack	
1		Journal for writing/pens/pencils	
1		Bug repellent with low DEET	
1		Sun Block	
1		Small bottle laundry detergent/dryer sheets	
		Writing materials & stamps	
1		Bandana - <i>required</i>	
		Tampons/kotex	