



June 1, 2024

Dear CIT & Family:

We are so excited you have been selected for the Counselor-In-Training leadership camping trip. Pastor Jonathan is an awesome mentor and adventure leader and we have created an awesome experience for you. Going from camper to counselor is an exciting, once-in-a-lifetime experience, and we want you to be as equipped and ready for that transition as possible.

Here are a few things you need to know:

- We highly encourage all CITs to be up to date with all vaccinations, including COVID-19 vaccines and boosters. Germs spread quickly in close proximity- please do not send CITs that have been contagious within 24 hours of departure.
- CITs will gather July 22nd at 10am at **First Baptist Church of Chicago**, 935 E 50th, 60615 to check in their gear, complete orientation, and pack a sack lunch. Please be on time so the group gets to their destination with plenty of time to reach camp before dark.
- Families can get check-ins and send messages to the camp via the Group.Me The parent phone number used at registration will be added to this chat. To add or change numbers in this chat, email [ambern@abcmc.org](mailto:ambern@abcmc.org)
- Please review the packing list carefully. It is important that CITs can carry their backpack, with all of their belongings, at least 1.5 miles. If CITs have never done this before, we recommend practicing at a local park or in the neighborhood- even a gym treadmill or school track will work! It's normal to feel tired after, as long as you're not feeling ill or in pain. If you feel anxious about hiking with gear, please let me know. We can help!
- Do not buy new, expensive outdoor gear- if you need a hiking backpack, sleeping bag, sleeping pad, etc. please reach out to [ambern@abcmc.org](mailto:ambern@abcmc.org) first.
- Hiking boots are preferred but tennis shoes will work. It is most important that they are worn-in and comfortable. Brand-new footwear can cause blisters and other foot injuries. They will get dirty.
- Ensure the CITs second "camp" bag closes securely and is labeled clearly. We do not want to risk anything getting lost or damaged when it is shuttled from the church to camp. CITs will retrieve their bags upon arrival at Camp Mack at lunchtime on Friday, July 26th.

- Camp Alexander Mack has a gift shop on the campgrounds, but do not send more than \$30. All cash, electronics, medications, and other valuables will be collected immediately upon arrival at the church.
- To play on “The Summit” or other deep water swimming activities at camp, CITs must pass a swim test including 100 feet of any stroke without touching the bottom and 2 minutes treading water. Those who do not pass or choose not to take the swim test remain in the designated shallow area. All swim areas have certified lifeguard supervision.
- The bus will pick up CITs with campers on Saturday, August 3rd late morning and will drop off in Chicago late afternoon. Check the camp Group.Me for travel updates on August 3rd.
  - **First Stop- First Baptist Church of Chicago**, 935 E 50th, 60615
  - **Second Stop- North Shore Baptist Church**, 5244 N Lakewood Ave, 60640
  - Parents may also pick up CITs themselves, 1113 E Camp Mack Rd, Milford, IN 46542 anytime after 10am EST

Sincerely,

Amber Naylor  
Outdoor Ministries Coordinator &  
Regional Administrator  
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