



CIT Camp Mack Packing List for Campers July 22-August 3, 2024

REMINDERS

No open-toed shoes; shoes must be worn at all times during camp

Laundry is not available during camp

Please label everything- clothes, gear, bags, pillows, etc.

Clothes & gear should respect the “wildness” of the outdoors*

Tents & Cabins do not lock- leave valuables at home; turn in phones, meds, & cash at check-in

What to Bring for CIT Camping Trip

~Everything must fit into your backpack to be carried **BY YOU** 1.5 miles to the campsite~

- 40+ Liter Backpack
- Sleeping bag
- Sleeping pad
- 2-3 Reusable water bottles
- Hiking boots/sturdy tennis shoes (they will get dirty)
- Water/camp shoes (required to swim in lake due to zebra mussels. Crocs are great.)
- Hat with a brim
- Rain poncho or jacket
- Long pants (avoid denim or cotton; belt if needed)
- Long sleeve shirt (avoid cotton)
- Sweatshirt or fleece jacket
- 2 short sleeve shirts (avoid cotton)
- 2 pairs of shorts (avoid denim or cotton)
- 1 sleeping outfit
- 2-4 pairs of socks (avoid cotton)
- Undergarments (avoid cotton)

- Functional swimwear & cover up for lake activities
- Small towel (microfiber is better)
- Bug-repellent, anti-itch cream
- Sunscreen
- Flashlight or headlamp with extra batteries
- Travel-size toothbrush and toothpaste
- Hand sanitizer
- Mess Kit: bowl/plate, cup, spoon
- Trash bags/ziplocs to keep gear dry
- Whistle, compass
- Chapstick
- All medicines must be in their original packaging
- \$30 cash for the camp store (turn in at check-in)

In a Separate Bag, Pack Everything Else You Need for Camp

You will leave this bag at First Baptist Chicago on Monday & it will be taken to camp for you. Don't pack anything you need before noon Friday the 26th in this bag.

- 1 Pair of sturdy tennis shoes/sneakers (they will get dirty)
- Bathrobe and/or bath towel, washcloth
- Mesh bag or pillowcase for dirty laundry (not plastic, clothes will mold)
- Item(s) needed for Camp Talent Show (small instrument, outfit, etc.)
- Travel outfit to return home
- Beach towel
- Clothes and toiletries for 3 extra days of training July 26-28
- Comfortable, breathable clothing for 5 days at Camp
- Bible, pen, highlighter, small notebook
- Pillow
- Toiletries not in the backpack (Travel size when possible)
- Day backpack (lightweight and water resistant)
- Quiet activities for break time (books, journals, cards, crafts)
- Cabin Decorations
- Watch (not your phone)
- Games to share with Campers
- Specialty items or tools needed for your "Choose Your Own Adventure" classes

Counselors & CITs will sleep in an assigned bunk in the cabins with their campers. Cabins have electricity but are not air-conditioned. CITs will use their camper's bathhouses.

What Not to Bring

- X No clothing or items with inappropriate, unkind language or innuendo
- X No candy or snacks (these attract bugs & animals)
- X No electronics: tablets, handheld gaming, music players, speakers
- X No cell phones: will be collected upon arrival to camp
- X No knives, weapons, candles, explosives, or look-alikes (including squirt guns)
- X No tobacco, alcohol, drugs, or other illegal substances
- X No medications not listed on the medical form
- X No bad attitudes

***What does respecting the “wildness” of the outdoors mean?**

At camp, we are guests of nature. The bugs, critters, creatures, and plants live there year-round while we just visit for a short time. As guests, it is our responsibility to dress our bodies to protect ourselves from these permanent residents. We are also exposed to extra sun and wind. Open-toed shoes, baggy pants, and revealing shirts leave our bodies vulnerable to bites, scratches, and burns. Delicate or expensive items are in danger of damage. This includes pajamas and swimwear. Food and other strong scents attract wildlife to the cabins. Everything brought to camp is at risk of getting wet, muddy, sticky, torn, stained, lost, or damaged in some other way. Pack accordingly!