### **Packing List for Counselor in Training Program (CIT) at YMCA Camp Jackson**

General Items:

* Backpack: For carrying personal belongings and daily essentials.
* Twin Bedding: Include a fitted sheet, a flat sheet, and a blanket for the camp cabin.
* Sleeping Bag: For added warmth during the overnight camping trip and cozy nights.

Clothing:

* T-shirts: (8-10) Comfortable and breathable shirts suitable for daily activities and workshops.
* Long-Sleeve Shirt: (3-4) For cooler weather and sun protection.
* Shorts: (4-5 pairs) Lightweight and flexible for various activities.
* Durable Pants: (2-3 pairs) Comfortable for hiking, workshops, and mentorship activities.
* Lightweight Jacket or Sweatshirt: For cooler mornings and evenings.
* Comfortable Shoes/Sneakers: Essential for daily wear and activities.
* Hiking Boots: Sturdy footwear for outdoor adventures.
* Sandals or Flip-Flops: Great for relaxing at camp and in the cabin.
* Socks: (10-12 pairs) Comfortable, moisture-wicking socks suitable for multiple activities.
* Underwear: (10-12 pairs)

Personal Items:

* Two Reusable Water Bottles: To stay hydrated throughout the camp experience.
* Sunscreen: A broad-spectrum sunscreen for protection against sun exposure.
* Hat: A wide-brimmed hat for extra sun protection while outdoors.
* Insect Repellent: To help keep bugs away during outdoor activities.
* Toiletries: Toothbrush, toothpaste, soap, shampoo, conditioner, and a towel.
* Personal Hygiene Items: Such as a hairbrush or comb.

Activity-Specific Gear:

* Notebook and Pen/Pencil: For taking notes during leadership workshops and training sessions.
* Comfort Item: A small stuffed animal or blanket for added comfort at night (please avoid valuable items).

Laundry Needs:

* Laundry Bag: For dirty clothes; you will have the opportunity to do laundry during the weekend.
* Laundry Detergent: Bring a small container for any necessary laundry needs.

### **Important Notes:**

* No Technology or Valuables: Please leave phones, tablets, and any valuable items at home.
* No Snacks: Camp provides meals and snacks; please do not pack extra food.
* No Drugs or Weapons: For the safety of all campers, please refrain from bringing any illicit substances or weapons.

Prepare your camper for an incredible journey in the Counselor in Training Program at YMCA Camp Jackson! Ensure all clothing and personal items are clearly labeled with your camper's name to help them keep track of their belongings during this transformative experience!