

Specialist-in-Training (SIT) 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 SIT Participants Should Pack:

- Face mask (disposable or washable, must be at least a two-layer face mask that covers the nose, mouth, and chin)

Why? This is in line with our infectious disease protocol

- Hiking Boots or shoes
 - 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 pad (CCO can supply one)
- 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
 - No cotton.** It will **not** keep you warm when wet. Polypropylene is the best fabric for warmth and comfort
- 60-75L frame backpack (CCO can supply one)
- 1 Day pack
 - This should be a school book size backpack; It should be large enough to hold rain gear, extra clothes, sunscreen, water bottle, and lunch for day hikes
- 2 Water bottles (**32 oz. Nalgene bottles are best**)
- 1 rain poncho or rain jacket/pants combination (**highly recommended**)
 - If you elect to bring a poncho, make sure that it is sturdy and long enough to cover you with a backpack on
- Padded bike shorts
 - Lycra style shorts with a padded seat are recommended for safety and comfort
- Sandals with heel strap or old gym shoes **No flip flops**
 - These are worn in boat while rafting every day and will get wet
- 1 fleece jacket
- 1-2 pair sweatpants or fleece pants
- 2-3 pair shorts
- 3-4 pair thick hiking socks
- 6-10 pairs underwear (personal preference)
- 4 t-shirts (no sleeveless, tube or tank tops)
- Warm winter hat
- Swimming suit
- Towel & wash cloth
- 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, hiking, etc.)
- 1 pair tennis shoes
- 4-5 pairs cotton socks (for in camp)
- 2-3 long sleeve shirts
- 2 synthetic or wicking t-shirts
- Baseball hat
- 1-2 Bandanas
- Lightweight gloves
- Sunscreen, Chapstick, insect repellent
- Mesh laundry bag** (laundry is done the second weekend)

Optional Items:

- Your own mountain bike
- Camera (inexpensive labeled with name)
- Paper, pen, envelopes, and stamps
- "Crazy Creek" Chair
- Gaiters for hiking
- Wrist watch
- Your own mountain bike helmet
- Small pillow (airplane size)
- Journal/book/musical instrument
- Bike gloves
- Backpack rain cover

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*)
- Cell phones (**except for campers arriving by plane**), tablets, iPads, smart watches, or other electronics **items will be stored in CCO office during your session*
- Spending money (**except campers arriving by plane**)