

## CIT Packing List

### GENERAL

- Bedding/sleeping bag
- Pillow
- Toiletries
  - Soap, shampoo, and conditioner
  - Deodorant
  - Toothbrush and toothpaste
  - Hair brush/comb
  - Shaving razors
  - Feminine products
  - Personal medications
- Small backpack to carry around island/on day trips
- Bible
- Smaller travel Bible (optional)
- Journal/notebook
- Pens/pencils
- T-shirts (at least 5)
- Long-sleeve tops (2-3)
- Jeans/pants (2-3)
- Shorts (3-4)
- Pajamas
- Musical instruments (optional)
- Sunscreen
- Bugspray
- Sandal or water shoe (e.g. Chacos, Tevas, etc.)
- Running shoes
- Swimsuit (1-2)
- Goggles
- Banquet clothes (dresses, skirts and nice shirt, etc.)
- Underwear/socks/bras & sports bras
- Sweatshirt/Sweater (1-2)
- Sweatpants
- Sunglasses
- Hat with a brim
- Nut-free snacks
- Stamps and envelopes
- Towel
- Washcloths
- Any medications (Please pack these separate from all of your other things as they will need to be handed in to the nurse at registration!)

**HIKING GEAR** (Please pack separately if possible as we will be leaving for the peaks the day after you get to Tapawingo)

**Absolutely NO cotton in any of your clothing for hikes!**

- Fleece layer
- Daypacks that have a waist belt
- Non-cotton T-shirts (2)
- Shorts to hike in (1-2) – not denim!
- **Hiking socks (wool) (5-6 pairs). This is important!**
- Wicking layers (top and bottom) (1)
  - These will be a long-sleeve/pants layer made from synthetic polyester material (ie. polypro, underarmour, capilene, thermax, etc.) for warmth
- Underwear (3)
- Sports bras (1-2)
- Rain jacket – waterPROOF not water resistant
- Light gloves
- Warm hat
- Hiking boots – must be waterproof with ankle support
  - PLEASE BREAK THESE IN BEFORE YOU COME even if it's just walking around your house in them to avoid blisters
- Sandals or flip-flops for camp
- **Two Nalgens (this is a must – You can buy these at our camp store if needed) – sturdy water bottles, around 1 liter**
- Headlamp with extra batteries
- Bandana or hat
- Bible
- Journal
- Pen or pencil
- Feminine products and Ziploc bags for disposal
- Baby wipes
- Optional
  - Pack towel
  - Waterproof pants or gaiters
  - Small pocket Bible
  - Liner socks
  - Non-cotton hiking pants
  - Camera **(But seriously you should bring a camera! You can't use your phone as a camera)**

**DO NOT BRING**

- Any food containing peanuts
- Electronics (phones will be kept locked in the safe in the office during your time here)