2021 C.I.T. Camp Packing List

Campers are responsible for all items brought to camp. **LABEL EVERYTHING!** Girl Scouts in the Heart of PA is not responsible for lost, damaged or stolen items. **Remember, CITs stay for 2 weeks!**

**Sleep Essentials**
- Sleeping bag or heavy blankets
- Pillow(s) & extra pillow case
- Fitted sheets (twin size)

**Personal Hygiene**
- 4-5 washcloths
- Shampoo/conditioner
- Body wash/soap
- Deodorant
- 2-3 towels (swimming & showering)
- Toothbrush and toothpaste
- Hair brush/comb
- Shower caddy or bag

**Clothing**
- Shorts/Athletic short for each day
- 2-3 pairs of long pants
- Shirts
- Heavy sweater, sweatshirt, or jacket
- Undergarments (required daily, pack extras)
- Socks (required daily, pack extras)
- 2 bathing suits
- Pajamas (nights are cold/hot, bring options)
- Raincoat or poncho (no umbrellas please)
- 2 pairs of sturdy shoes (closed toes)
- 1 pair of waterproof boots (rain boots)
- Flip flops or water shoes for showering only
- Water shoes for creek activities (no flip flops)

**Miscellaneous**
- Face Masks (cloth and/or disposable, 2-3 total)
- Prescription medication for Camp Nurse
- Daypack or backpack
- Refillable water bottle (name on it)
- Sunscreen and insect repellent (non-aerosol)
- Ointment for bug bites
- Sunglasses
- Bandana or hat
- Laundry bag
- Hair ties
- Chapstick and/or lip balm
- Flashlight/ headlamp, extra batteries

**Optional Items**
- Disposable camera
- Reading materials/books/journal
- Playing cards/non-electronic games (if deemed inappropriate for camp, items will be confiscated by staff to be returned during check-out)
- Stationary, pen/pencil, stamps, envelopes
- Swim vest or floaties (only if needed to swim)
- Earplugs or sleeping mask for light sleepers
- Friendship bracelet string
- Garbage bag (pack pillows in if it rains during check-out)
- Feminine sanitary products (if needed)
- Small battery operated fan for sleeping
- Mess kit or plastic cup, plate, & silverware for outdoor cooking (NO GLASS)

**Theme Day Packing (Optional)**
Pink shirt: On Wednesdays, all campers and staff are invited to wear pink.
Tie Dye: Something to tie dye (a white t-shirt/tank top, pillowcase, or bandana), or pack a tie dye shirt

**Please do NOT bring the following:**
**FOOD/SNACKS/CANDY** – Food in tents and cabins attracts critters (skunks, raccoons, and other woodland creatures) and can be dangerous to girls with severe food allergies. Girls will be asked to “turn in” any food or candy they bring with them or is sent to them. **Please do not send food, candy, or snacks in care packages to your campers.**

**VALUABLE ITEMS** – iPods, mp3 players, portable DVD players, radios, electronic games, cell phones, expensive jewelry, and anything else that might be considered valuable **should be left at home.** These items are unnecessary at camp and dampness could ruin these items.

**OTHER** - Weapons, fireworks, alcohol/tobacco/illegal substances, lighters, aerosol cans, personal sports equipment, pool toys, animals/pets.
CIT Cell Phone Policy
CITs are allowed to have phones on camp, HOWEVER, the usage of such devices is restricted to specific times. Just like the staff, phones are not to be seen by younger campers! CITs found to be using their phones outside these designated times will have their phone confiscated and returned based upon the number of offenses.

Packing Tips

Preparing for Camp
CITs are leaders on camp and as such, are role models for younger campers. When packing, CITs should keep this in mind. Inappropriate or overly revealing shorts and shirts will not be allowed. Pack for comfort, as you will be participating in and teaching activities throughout your two weeks.

Clothes to Have Fun!
Please, send clothing items that CITs can really play in. CITs will be participating in and instructing “hands-on” activities and their clothing may show the wear & tear. Please, do not send expensive clothing to camp. Camp will NOT be responsible for lost or damaged articles.

Labeling Clothes and Equipment
Before packing clothing and camp gear, remember to mark/label each piece with your CITs name. Mark the article of clothing so that the CITs name will be easily seen when searched for. The collar, waistband, or tags of most clothing articles and inside hats/shoes will work well. For towels, sheets, pillow cases, and sleeping bags place two pieces of tape, with name, on opposite corners or label the item’s tags/corner with permanent marker. Mark names clearly on miscellaneous items as well. Don’t forget to mark bags and/or totes, too!

We ask that you please use full names, no initials, as many CITs will share similar initials. CITs can also put their camp names next to their full names if they wish. At camp, some clothing/items may be misplaced, left at camp, or packed into another CITs bag. Thus, proper “ID” on belongings and clothing will greatly assist in the return of articles to their proper owner.

Any lost and found items must be retrieved from camp. All lost and found items will be thrown out, donated, or cleaned for use at camp, if they are not collected one month after the camp season ends. Lost and found items will NOT be mailed home.

Packing Items
Pack clothing/belongings into one duffel bag, tote, backpack, or old suitcase. Duffel bags are the preferred camp luggage - easy to carry and easy to store.

Check-In
Luggage will be placed in the designated luggage area, during the check-in. Luggage will then be delivered to CIT’s units during the check-in process, however, luggage may not arrive while CIT’s are walking to their units. Therefore, CITs are encouraged to carry an item to claim a bed. Girls must be able to carry this item. We recommend a backpack or pillows.

Final Note to Packers
This checklist is for your convenience. Avoid unnecessary purchases. If you can substitute something on the list with an item you already have, feel free to do so.

Frequently Asked Questions

Masks: Girls can bring their favorite face masks to camp. However, we recommend that you pack extra! Cloth masks are fun, but a day under the sun can make them uncomfortable. It is highly recommended that you pack a few disposable masks as well. Facemasks could get lost or dirty during camp.
Swim vest: Any CITs who are worried about passing the swim test are welcome to bring a personal flotation vest. Girls are allowed to swim in deeper levels than their swim level, if they have swim vests on while in that section. We do have vests available on camp, but we cannot guarantee that they will fit all campers.

Small battery operated fan for sleeping: CITs sleep in non-AC units and these units can get warm throughout the day. We recommend that CITs bring a small battery operated fan (not a hand held) for their bed/cabin. This will help to circulate air and to keep your camper cool. Clip on ones may be able to attach to some bunks. Please do not bring a fan that needs to be plugged in. There are either no outlets or not enough outlets for all the girls to have this option. Click HERE for an example.

Why two bathing suits? The girls will swim every day (weather permitting). It’s nice to have a dry bathing suit to put on.

Why do I need to pack a fitted sheet if I am packing a sleeping bag? Most CITs find it more comfortable to have a sheet lining the vinyl mattress.

Can CITs wear sleeveless shirts? Yes, however we will not allow halter-tops or anything that is deemed overly revealing.

Can CITs wear jean shorts? Yes, however we will not allow anything that is deemed overly revealing. C.I.T.s are role models for other camps, please pack accordingly!

Will my camper need a laundry bag? Yes! CITs will have one opportunity after the first week to do laundry. Please remember to clearly label laundry bags.

Do I really need to pack two pairs of shoes? Living outdoors, CIT’s shoes can get wet and messy. Sudden downpours are frequent at camp and can leave a pair of shoes wet for the rest of the day. It’s best to plan for that by packing an extra pair.

Can my daughter wear Crocs, Chaco or Tiva sandals? Crocs and sandals (with a back strap) are really only suitable for wearing in the shower or during creek walks.

If I forget to send my camper with an item, what can I do? Forgotten items can be dropped off at the Camp Office. Please remember to call or email the camp beforehand. Communication beforehand is essential. There are times on camp when no one is in the Camp Office. The Camp Director’s phone number and email can be found on your confirmation email.

Have additional questions about camp? Contact our Member Services team at 800-692-7816 or by email at MemberServices@gshpa.org.