

2024 CIT Camp Packing List

CITs are responsible for all items brought to camp. **LABEL EVERYTHING!** GSHPA is not responsible for lost, damaged or stolen items. Please be advised that the list below represent supplies for a 2 week program. Clothing supplies should last for 7 days, they will have a chance to do laundry before their second week.

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 shorts for each day
- 3-4 pairs of long pants
- Shirts for each day (no strapless)
- Sweater, sweatshirt, or jacket
- Undergarments (required daily, pack extra!)
- Socks (required daily, pack extra!)
- 2 Bathing suits
- Pajamas (nights are cold/hot, bring options)
- Raincoat or poncho (no umbrellas please)
- 2 pairs of closed toes shoes (crocs don't count)
- 1 pair of waterproof boots (rain boots)
- Flip flops or crocs for pool area and showering only

Miscellaneous

- Prescription medication for Camp Nurse
- Daypack or backpack
- Refillable water bottle (name on it!)
- Sunscreen
- Insect repellent & Ointment for bug bites
- laundry Bag
- Sunglasses
- Bandana/hat and Hair ties
- Chapstick and/or lip balm
- Flashlight/headlamp (extra batteries)

Optional Items

- Disposable camera (no phones allowed)
- Comfort item (example: stuffed animal)
- Reading materials
- Playing cards/non-electronic games (if deemed inappropriate for camp, items will be confiscated)
- 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 (to pack pillows in if it rains)
- Water shoes for creek activities (no flip flops)
- Feminine sanitary products (if needed)
- Small battery operated fan for sleeping
- Tie-Dye Item (bandana, shirt, pillowcase)

Please do NOT bring the following:

FOOD/SNACKS/CANDY – Food attracts critters (ex: skunks and raccoons) 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.**

VALUABLE ITEMS – iPods, electronic games, expensive jewelry, their favorite outfit 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/sparklers, alcohol/tobacco/illegal substances, lighters, personal sports equipment, 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 encouraged to develop a sense of responsibility while at camp. We ask that you encourage your child to help select/pack her items for camp. Please, send clothing items that CITs can really play in. CITs will get involved in a "hands-on" way and their clothing may show the wear & tear.

Packing Items

Before packing clothing and camp gear, remember to **mark/label each piece with your child's full name, no initials.** Pack clothing/belongings into a duffel bag, tote or suitcase. Duffel bags are the preferred camp luggage!

Check-In

Luggage placed in the designated luggage area, based on assigned units, during the check-in, will be delivered to camper's units after check in. CITs are encouraged to keep a backpack or day pack with them during check in.

Backpack or Day Bag should have the following supplies in it on check in day:

- Water Bottle, bug spray, sunscreen, items to play with or read during the check in period, a bathing suit & towel (in case the swim test happens before, their luggage arrives at their unit)

Final Note to Packers: This checklist is for your convenience, please avoid unnecessary purchases. Forgotten items must be retrieved from camp or office. They will not be mailed home.

Frequently Asked Questions

Swim vest or floaties: 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.

Small battery operated fan for sleeping: CITs sleep in non-AC units. Cabins/tents can get warm throughout the day. We recommend that girls bring a small battery operated fan for their bed/cabin. This will help to circulate air and to keep your camper cool. **Please do not bring a fan that needs to be plugged in.**

Can my camper wear jean shorts? Yes, but we do not recommend. Jean shorts are uncomfortable when wet and limit mobility during activities. If deemed overly revealing a camper may be asked to change into a different pair of shorts.

Why fitted sheet? Most girls find it more comfortable to have a sheet lining the vinyl mattress.

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, is wet and messy. Sudden downpours are frequent at camp and can leave a pair of shoes wet for the rest of the week. It's best to plan for that by packing an extra pair.

Crocs, Chaco or Tiva sandals? Crocs and sandals (with strap) are suitable for the shower or during creek walks only.

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.

Have additional questions about camp? Contact our Member Services team at 717-233-1656 or by email at MemberServices@gshpa.org.

2024 Mini Camp Packing List

Campers are responsible for all items brought to camp. **LABEL EVERYTHING!** GSHPA is not responsible for lost, damaged or stolen items. Please be advised that the list below represent supplies for mini camp (2 nights). Please adjust accordingly if your camper is participating in a 1 night camp.

Sleep Essentials

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

Personal Hygiene

- 1-2 washcloths
- Shampoo/conditioner (travel size)
- Body wash/soap
- Deodorant
- 2 towels (swimming & showering)
- Toothbrush and toothpaste
- Hair brush/comb
- Shower caddy or bag

Clothing

- Shorts/athletic shorts for each day
- 1 pairs of long pants
- Shirts for each day (no strapless)
- Sweater, sweatshirt, or jacket
- Undergarments (required daily, pack extra!)
- Socks (required daily, pack extra!)
- Bathing suits
- Pajamas (nights are cold/hot, bring options)
- Raincoat or poncho (no umbrellas please)
- 2 pairs of closed toes shoes (croc's don't count)
- 1 pair of waterproof boots (rain boots)
- Flip flops or crocs for pool area and showering only

Miscellaneous

- Prescription medication for Camp Nurse
- Daypack or backpack
- Refillable water bottle (name on it!)
- Sunscreen
- Insect repellent
- Ointment for bug bites
- Sunglasses
- Bandana/hat and Hair ties
- Chapstick and/or lip balm
- Flashlight/headlamp (extra batteries)

Optional Items

- Disposable camera (no phones allowed)
- Comfort item (example: stuffed animal)
- Reading materials
- Playing cards/non-electronic games (if deemed inappropriate for camp, items will be confiscated)
- Stationary, pen/pencil, stamps, envelopes
- Swim vest or floaties (Camp Small Valley only)
- Earplugs or sleeping mask for light sleepers
- Friendship bracelet string
- Garbage bag (to pack pillows in if it rains)
- Water shoes for creek activities (no flip flops)
- Feminine sanitary products (if needed)
- Small battery operated fan for sleeping
- Tie Dye Item (shirt, bandana, scarf, pillow case)

Please do NOT bring the following:

FOOD/SNACKS/CANDY – Food attracts critters (ex: skunks and raccoons) 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.**

CELL PHONES & ELECTRONIC COMMUNICATION DEVICES – Items like cell phones and iPad are not permitted on camp by campers. **If brought to camp, they will be labeled and kept in the office until check-out. Cell phone use by a camper often negatively affects the other campers by increasing homesickness.**

VALUABLE ITEMS – iPods, electronic games, expensive jewelry, their favorite outfit 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/sparklers, alcohol/tobacco/illegal substances, lighters, personal sports equipment, animals/pets.

Packing Tips

Preparing for Camp

Campers are encouraged to develop a sense of responsibility while at camp. We ask that you encourage your child to help select/pack her items for camp. Please, send clothing items that campers can really play in. Campers will get involved in a “hands-on” way and their clothing may show the wear & tear.

Packing Items

Before packing clothing and camp gear, remember to **mark/label each piece with your child’s full name, no initials.** Pack clothing/belongings into a duffel bag, tote or suitcase. Duffel bags are the preferred camp luggage!

Check-In

Luggage placed in the designated luggage area, based on assigned units, during the check-in, will be delivered to camper’s units after check in. Campers are encouraged to keep a backpack or day pack with them during check in.

Backpack or Day Bag should have the following supplies in it on check in day:

- Water Bottle, bug spray, sunscreen, items to play with or read during the check in period, a bathing suit & towel (incase the swim test happens before, their luggage arrives at their unit)

Final Note to Packers: This checklist is for your convenience, please avoid unnecessary purchases. Forgotten items must be retrieved from camp or office. They will not be mailed home.

Frequently Asked Questions

Swim vest or floaties: Parents/guardians, who are worried about their camper passing the swim test, are welcome to send a personal flotation vest or floaties. Girls will be allowed to swim in deeper levels than their swim level if they have swim vests or floaties while in that section. We do have vests available on camp, but cannot guarantee they will fit.

Small battery operated fan for sleeping: Campers sleep in non-AC units. Cabins/Yurts/Tents can get warm throughout the day. We recommend that girls bring a small battery operated fan for their bed. This will help to circulate air and to keep your camper cool. **Please do not bring a fan that needs to be plugged in.**

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

Can my camper wear jean shorts? Yes, but we do not recommend. Jean shorts are uncomfortable when wet and limit mobility during activities. If deemed overly revealing a camper may be asked to change into a different pair of shorts.

Why fitted sheet? Most girls find it more comfortable to have a sheet lining the vinyl mattress.

Will my camper need a laundry bag? Campers will NOT be doing laundry while on camp. Please pack enough clothes for your child’s entire stay on camp. (Exceptions for any accidents). They may bring a laundry bag to store dirty clothes.

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

Crocs, Chaco or Tiva sandals? Crocs and sandals (with strap) are suitable for the shower or during creek walks only.

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.

Have additional questions about camp? Contact our Member Services team at 717-233-1656 or by email at MemberServices@gshpa.org.

2024 Spectacular Days Pack List

Participants are responsible for all items brought to camp. **LABEL EVERYTHING!** GSHPA is not responsible for lost, damaged or stolen items. Please be advised that the list below represent supplies for a day program. We do not require you pack these items, but recommend the items below for your comfort throughout the day.

Clothing

- A backup pair of shorts
- Extra shirt (no strapless)
- Jacket
- Raincoat or poncho (no umbrellas please)
- Backup shoes/sneakers (in the event of rain/mud)

Miscellaneous

- Prescription medication for day of event
- Daypack or backpack

- Refillable water bottle (name on it!)
- Sunscreen
- Insect repellent & Ointment
- Sunglasses

Optional Items

- Disposable camera (no phones allowed)
- Water shoes for creek activities (no flip flops)
- Feminine sanitary products (if needed)
- Small battery operated fan

Please do NOT bring the following:

FOOD/SNACKS/CANDY – Food attracts critters (ex: skunks and raccoons) 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.**

VALUABLE ITEMS – iPods, electronic games, expensive jewelry, their favorite outfit 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/sparklers, alcohol/tobacco/illegal substances, lighters, personal sports equipment, animals/pets.

Frequently Asked Questions

Can my camper wear jean shorts? Yes, but we do not recommend. Jean shorts are uncomfortable when wet and limit mobility during activities. If deemed overly revealing a camper may be asked to change into a different pair of shorts.

Do I really need to pack additional clothing for one day? Living outdoors, girls 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.

Swim vest or floaties: Parents/guardians, who are worried about their camper passing the swim test, are welcome to send a personal flotation vest or floaties. Girls will be allowed to swim in deeper levels than their swim level if they have swim vests or floaties while in that section. We do have vests available on camp, but cannot guarantee they will fit. (Small Valley & Archbald programs only)

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

2024 Traditional Camp Packing List

Campers are responsible for all items brought to camp. **LABEL EVERYTHING!** GSHPA is not responsible for lost, damaged or stolen items. Please be advised that the list below represent supplies for resident camp (6 days).

Sleep Essentials

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

Personal Hygiene

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

Clothing

- Shorts/athletic shorts for each day
- 2-3 pairs of long pants
- Shirts for each day (no strapless)
- Sweater, sweatshirt, or jacket
- Undergarments (required daily, pack extra!)
- Socks (required daily, pack extra!)
- 2 bathing suits
- Pajamas (nights are cold/hot, bring options)
- Raincoat or poncho (no umbrellas please)
- 2 pairs of closed toes shoes (crocs don't count)
- 1 pair of waterproof boots (rain boots)
- Flip flops or crocs for pool area and showering only

Miscellaneous

- Prescription medication for Camp Nurse
- Daypack or backpack
- Refillable water bottle (name on it!)
- Sunscreen
- Insect repellent
- Ointment for bug bites
- Sunglasses
- Bandana/hat and Hair ties
- Chapstick and/or lip balm
- Flashlight/headlamp (extra batteries)

Optional Items

- Disposable camera (no phones allowed)
- Comfort item (example: stuffed animal)
- Reading materials
- Playing cards/non-electronic games (if deemed inappropriate for camp, items will be confiscated)
- 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 (to pack pillows in if it rains)
- Water shoes for creek activities (no flip flops)
- Feminine sanitary products (if needed)
- Small battery operated fan for sleeping
- Tie-Dye Item (bandana, shirt, pillowcase)

Please do NOT bring the following:

FOOD/SNACKS/CANDY – Food attracts critters (ex: skunks and raccoons) 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.**

CELL PHONES & ELECTRONIC COMMUNICATION DEVICES – Items like cell phones and iPad are not permitted on camp by campers. **If brought to camp, they will be labeled and kept in the office until check-out. Cell phone use by a camper often negatively affects the other campers by increasing homesickness.**

VALUABLE ITEMS – iPods, electronic games, expensive jewelry, their favorite outfit 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/sparklers, alcohol/tobacco/illegal substances, lighters, personal sports equipment, animals/pets.

Packing Tips

Preparing for Camp

Campers are encouraged to develop a sense of responsibility while at camp. We ask that you encourage your child to help select/pack her items for camp. Please, send clothing items that campers can really play in. Campers will get involved in a “hands-on” way and their clothing may show the wear & tear.

Packing Items

Before packing clothing and camp gear, remember to **mark/label each piece with your child’s full name, no initials.** Pack clothing/belongings into a duffel bag, tote or suitcase. Duffel bags are the preferred camp luggage!

Check-In

Luggage placed in the designated luggage area, based on assigned units, during the check-in, will be delivered to camper’s units after check in. Campers are encouraged to keep a backpack or day pack with them during check in.

Backpack or Day Bag should have the following supplies in it on check in day:

- Water Bottle, bug spray, sunscreen, items to play with or read during the check in period, a bathing suit & towel (incase the swim test happens before, their luggage arrives at their unit)

Final Note to Packers: This checklist is for your convenience, please avoid unnecessary purchases. Forgotten items must be retrieved from camp or office. They will not be mailed home.

Frequently Asked Questions

Swim vest or floaties: Parents/guardians, who are worried about their camper passing the swim test, are welcome to send a personal flotation vest or floaties. Girls will be allowed to swim in deeper levels than their swim level if they have swim vests or floaties while in that section. We do have vests available on camp, but cannot guarantee they will fit.

Small battery operated fan for sleeping: Campers sleep in non-AC units. Cabins/Yurts/Tents can get warm throughout the day. We recommend that girls bring a small battery operated fan for their bed. This will help to circulate air and to keep your camper cool. **Please do not bring a fan that needs to be plugged in.**

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

Can my camper wear jean shorts? Yes, but we do not recommend. Jean shorts are uncomfortable when wet and limit mobility during activities. If deemed overly revealing a camper may be asked to change into a different pair of shorts.

Why fitted sheet? Most girls find it more comfortable to have a sheet lining the vinyl mattress.

Will my camper need a laundry bag? Campers will NOT be doing laundry while on camp. Please pack enough clothes for your child’s entire stay on camp. (Exceptions for any accidents). They may bring a laundry bag to store dirty clothes.

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

Crocs, Chaco or Tiva sandals? Crocs and sandals (with strap) are suitable for the shower or during creek walks only.

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.

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