



***CIT* Camp Mack Packing List**

July 20-August 2, 2026

NEW- [Send Camp Store Money Electronically](#)

Please label everything- clothes, gear, bags, pillows, etc.

No open-toed shoes; shoes must be worn at all times during camp

Laundry is not available during camp

Clothes & gear should respect the “wildness” of the outdoors*

Tents & Cabins do not lock- leave valuables at home; turn in phones, meds, & cash at check-in

What to Bring for CIT Camping Trip

~Everything must fit into your backpack to be carried BY YOU 1.5 miles to the campsite~

40+ Liter Backpack

Sleeping bag

Sleeping pad

2-3 Reusable water bottles

Hiking boots/sturdy tennis shoes (they will get dirty)

Water/camp shoes (required to swim in the lake due to zebra mussels. Crocs are great.)

Hat with a brim

Rain poncho or jacket

Long pants (avoid denim or cotton; belt if needed)

Long-sleeved shirt (avoid cotton)

Sweatshirt or fleece jacket

2 short-sleeved shirts (avoid cotton)

2 pairs of shorts (avoid denim or cotton)

1 sleeping outfit

2-4 pairs of socks (avoid cotton)

Undergarments (avoid cotton)

Functional swimwear & cover-up for possible lake activities
Small towel (microfiber is better)
Bug-repellent, anti-itch cream
Sunscreen
Flashlight or headlamp with extra batteries
Travel-size toothbrush and toothpaste
Hand sanitizer
Mess Kit: bowl/plate, cup, spoon
Trash bags/ziplocs to keep gear dry
Whistle, compass
Chapstick
All medications must be in their original packaging
\$30 cash for the camp store (turn in at check-in) [or submit online](#)

In a Separate Bag, Pack Everything Else You Need for Camp

You will leave this bag on Monday & it will be taken to camp for you. Don't pack anything you need before dinner on Friday the 24th in this bag.

1 Pair of sturdy tennis shoes/sneakers (they will get dirty)
Bathrobe and/or bath towel, washcloth
Mesh bag or pillowcase for dirty laundry (not plastic, clothes will mold)
Travel outfit to return home
Beach towel
Clothes and toiletries for 3 extra days of training July 24-26th
Comfortable, breathable clothing for 5 days at Camp
Bible, pen, highlighter, small notebook
Book(s) for daily reading time **(NEW!)**
Pillow
Toiletries not in the backpack (Travel size when possible)
Day backpack (lightweight and water resistant)
Quiet activities for break time (books, journals, cards, crafts)
Cabin Decorations
Watch (not your phone)
Games to share with Campers
Specialty items or tools needed for your "Choose Your Own Adventure" classes

Counselors & CITs will sleep in an assigned bunk in the cabins with their campers. Cabins have electricity but are not air-conditioned. CITs will use their camper's bathhouses.

What Not to Bring

- X No clothing or items with inappropriate, unkind language or innuendo
- X No candy or snacks (these attract bugs & animals)
- X No electronics: tablets, handheld gaming, music players, speakers
- X No cell phones: will be collected upon arrival to camp
- X No knives, weapons, candles, explosives, or look-alikes (including squirt guns)
- X No tobacco, alcohol, drugs, or other illegal substances
- X No medications not listed on the medical form
- X No bad attitudes

***What does respecting the “wildness” of the outdoors mean?**

At camp, we are guests of nature. The bugs, critters, creatures, and plants live there year-round while we just visit for a short time. As guests, it is our responsibility to dress our bodies to protect ourselves from these permanent residents. We are also exposed to extra sun and wind. Open-toed shoes, baggy pants, and revealing shirts leave our bodies vulnerable to bites, scratches, and burns. Delicate or expensive items are in danger of damage. This includes pajamas and swimwear. Food and other strong scents attract wildlife to the cabins. Everything brought to camp is at risk of getting wet, muddy, sticky, torn, stained, lost, or damaged in some other way. Pack accordingly!