



# PACKING LIST

## LEADERS IN TRAINING

Canoe Trip  
At Camp

### CLOTHING:

- |   |   |   |
|---|---|---|
| ✓ | ✓ | Closed-Toe Shoes (1-2 pairs)            |
| ✓ | ✓ | Sandals / Flip Flops (2 pairs)          |
| ✓ | ✓ | Bathing Suits (2)                       |
| ✓ | ✓ | Underwear (For 2 Weeks)                 |
| ✓ | ✓ | Socks (For 2 Weeks)                     |
| ✓ | ✓ | T-Shirts / Tops (several)               |
| ✓ | ✓ | Sweatshirts / Sweaters (2-3)            |
| ✓ | ✓ | Shorts (2-3)                            |
| ✗ | ✓ | Jeans (2-3)                             |
| ✓ | ✓ | Rain Jacket                             |
| ✓ | ✓ | Hat                                     |
| ✗ | ✓ | Rain Boots                              |
| ✗ | ✓ | Old Clothes (for messy/work activities) |
| ✗ | ✓ | Pajamas (2-3)                           |
| ✗ | ✓ | Sweatpants (1-2)                        |

Canoe Trip  
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### CAMP GEAR:

- |   |   |   |
|---|---|---|
| ✗ | ✓ | Beach Towel (2)                                   |
| ✗ | ✓ | Shower Towel (1)                                  |
| ✓ | ✗ | Microfibre Towel (1)                              |
| ✓ | ✓ | Sunscreen (1-2 bottles)                           |
| ✓ | ✓ | Insect Repellent (1-2 bottles)                    |
| ✓ | ✓ | Bible   |
| ✗ | ✓ | Journal   |
| ✗ | ✓ | Pens or Pencils (3-4)                             |
| ✗ | ✓ | Camera (optional)                                 |
| ✓ | ✓ | Sunglasses  |
| ✓ | ✓ | Reusable Water Bottle                             |
| ✗ | ✓ | Pillow  |
| ✓ | ✓ | Toiletries (toothbrush, deodorant, shampoo, etc.) |
| ✓ | ✓ | Sanitary Items                                    |
| ✗ | ✓ | Sheets (1 fitted)                                 |
| ✗ | ✓ | Sleeping Bag (1) (Ideally lightweight)            |
| ✗ | ✓ | Extra Blanket (optional)                          |
| ✗ | ✓ | Flashlight  |
| ✗ | ✓ | Alarm Clock                                       |

### DRESS CODE:

The following dress code has been established to help young leaders grow in maturity. LIT is a co-ed program making it especially important for participants to agree to Camp's dress code.

- Underwear (including bras) should not be visible through or outside of clothing.
- Swimsuits must fit well and stay in place when both dry and wet. Please bring a modest swim suit appropriate for physical activity.
- Clothing with inappropriate/offensive language, gestures, images or advertising are not permitted.
- Please dress appropriately for camp activities. Both tops and bottoms should allow for free movement and physical activity including jumping, stretching and climbing without revealing navels, cleavage or bottoms.

### PLEASE DON'T BRING:

- iPods, MP3 Players, etc.
- Jewelry & Valuables
- Weapons (i.e. knives)
- Alcohol, Lighters, Matches, etc.
- E-Cigarettes & Vape Pens
- Snacks (allergy awareness & not attracting critters)