



PACKING LIST

LEADERS IN TRAINING

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
- Shorts (2-3)
- Jeans (2-3)
- Rain Jacket & Rain Boots
- Hat
- Old Clothes (for messy/work activities)
- Pajamas (2-3)
- Sweatpants (1-2)

CAMP GEAR

- Beach Towel (2)
- Shower Towel (1)
- Sunscreen (1-2 bottles)
- Insect Repellent (1-2 bottles)
- Bible
- Journal and Pens/Pencils (3-4)
- Alarm Clock
- Goggles & Whistle (for swim week)
- Sunglasses
- Reusable Water Bottle
 - Note: LITs are gifted a 32oz Camp nalgene!
- Pillow
- Toiletries (toothbrush, deodorant, shampoo, etc.)
- Sanitary Items
- Fitted Sheets for Single Bed (1)
- Sleeping Bag or Bedding for Single Bed (1)
- Extra Blanket (optional)
- Flashlight
- Small Backpack

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 is 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 DO NOT BRING

- Guns, BB Guns or Air Soft Guns
- Knives (or any other weapons)
- Alcohol, Cannabis or Illegal Drugs
- E-cigarettes or Vape Pens
- Electronics, Jewelry or Valuables
- Snacks (allergy awareness + not attracting critters)



THERE'S MORE!

Make sure you read page 2 for a list of items you will need for the LIT Canoe Trip! This includes some great tips whether this is for your first canoe trip or you're an expert!

