



CIT Packing List:

Week 1—Work Week:

- Sleeping bag/pillow
- Work clothes that can be ruined (stuff that you wouldn't mind never wearing again – don't over pack but remember there is no access to washing machines). We spend five nights at Camp. Pack for rain or hot sun, chances are we will have a little of both. For evening activities pack: jeans, sweatpants, 3-4 pairs of shorts, sweatshirts, 6-8 t-shirts (long & short sleeved), pajamas, a jacket, underwear & extra socks.
- 1 jacket
- 2 hats
- 2-3 pairs of shoes (one pair that you can run in)
- Work Gloves
- Toiletries: Soap in a plastic container, shampoo, insect repellent (lots), sunscreen & lip balm, comb/brush, towels, toothbrush & toothpaste
- 1 Work tool (shovel/rake/pick-axe) *Please Label*
- Personal Items: Journal, flashlight, water bottles/canteen, camera, musical instruments, daypack (for hiking, etc.)
- Modesty is expected in all clothing choices.

Week 2—Bike Trip:

- Bike—tuned up and ready to ride. (your bike does not need to be new, it just needs to be in good condition and ready to ride about 200+ miles.) If you do not have your own bike, borrow or rent.
- If you need a bike OR want to DONATE (or lend without expectations) a quality bike, let us know.
- Spare bike tire tubes and a patch kit.
- Helmet—properly fitted.
- Bike Shorts—STRONGLY RECOMMENDED! (They don't have to be expensive)
- Bike Gloves—STRONGLY RECOMMENDED! (They don't have to be expensive)
- Swimsuit (one-piece) & towel: **Note: Camp Mivoden is a Seventh Day Adventist camp. Camp rules do not allow girls to wear a two-piece swimsuit. We suggest that all girls bring a one-piece swimsuit so they are able to swim at Camp Mivoden.
- Clothes for biking in hot, cool and rainy weather. You will want to have a change of clothes each day after a long day on the bike. It can get cool, so you will want some

warm clothes. We suggest: jeans, sweatpants, sweatshirts, long and short sleeve shirts, shorts, and comfortable shoes. Modesty is expected in all clothing choices.

- Rain gear/poncho
- 2 Hats
- 2 pairs of shoes (one with stiff soles)
- Underwear and extra socks
- Toiletries: soap in a container, shampoo, insect repellent (lots), SUNSCREEN, after sun lotion or aloe; lip balm, comb/brush, toothbrush & toothpaste.
- Sunglasses
- Hydration system, or water bottles in holders.
- Personal items—flashlight, journal, day-pack, camera, musical instruments, etc.
- Practice and be prepared to change a flat tire. **There will be about 30 people on the bike trip. Bring what you need but not so much that there is not enough room for everyone's belongings. We will be discussing the Bike Trip details during the Work Week, so if you need clarification or have any questions, we can answer them.

LABEL EVERYTHING! CITs spend a total of 11 nights with each other, seven of which are at camp, four of which are not at camp. Pack for weeks of rain or weeks of hot sun. Chances are we will have a little of both. We drip-dry our clothes when wet, and wash them only in emergencies. Even when CITs are not at Camp Reed, they are expected to dress appropriately and modestly.

DO NOT pack/wear: low hanging or sagging pants, "short" shorts, halter tops, low cut/ see through/strapless shirts. Underwear/bra straps may not show. Swimsuits should be modest and cover-ups should be worn to and from the waterfront. Clothing may not advocate immoral conduct, disrespect of others or depict weapons, tobacco, alcohol or drugs. Participants not meeting standards will be 1) spoken to by CIT leaders 2) spoken to by directors. Directors have the final say with regard to the appropriateness of any clothing worn at camp.