



Leader in Training Packing List

Below you will find our recommended packing list of what to wear or bring to camp in order to be prepared and safe. There is no need to buy all new clothing or gear for camp. We recommend that your child wear comfortable, well used clothing; this is especially important for hiking boots. Synthetic gear and wool socks tend to do best in our active camp setting. We allow our campers to play hard, so clothing worn to camp is likely to get dirty. **Please write your LIT's name on EVERYTHING that you send to camp.**

- Daypack** – backpack with good shoulder straps, preferably a hip strap, and large enough to carry all of their belongings

In Daypack:

- Lunch** – Pack a large, healthy meal, avoiding candy and soda. We encourage the use of reusable containers.
- 2 Additional Snacks** – We encourage the use of reusable containers.
- Reusable Water Bottles** or **Camelbak**
- Sunscreen**
- Extra layer** or **Rain jacket** – check the weather each day and send weather appropriate outerwear

On LIT:

- LIT Shirt** – 2 will be given
- Comfortable pants or shorts**
- Hiking shoes or sneakers**
- Ball cap or bucket hat**

