



EAST COAST CIT

Pack as you would for regular camp. The list below is additional packing specifically for the 5-day canoe/hike/camping trip.

Weeks 1&2: be prepared for day hikes at Coniston and around New Hampshire (Mt. Cardigan/Mt. Kearsarge), and working with campers/mentoring in program areas & camper cabins.

Week 3: Travel week! This time together includes rigorous hiking, canoeing, camping, and team adventures for 5 days. During the Mt. Washington hikes the weather can be hot mid-day & in the 40's at night, rainy/windy. You'll be hiking with 30-40lbs on your back (clothes, food, pots).

Week 4: American Red Cross lifeguard certification classes with your friends, the West Coast CITs!

LAUNDRY mid-month is included in the CIT fee for both East Coast and West Coast CITs



- 1 pair of comfortable waterproof hiking boots with firm sole and support, at least ankle height (sneakers are not okay)
- 1 pair of comfortable shoes to wear after hiking (sandals/crocs)
- 3 pairs of wool socks
- 1 bathing suit
- 2 pair of nylon or polyester athletic shorts
- 1 pair of rain pants or wind pants (no jeans)
- 1 pair of warmer pants, preferably fleece
- 1 pair of long underwear, preferably polypro
- 4 t-shirts
- 1 long sleeve shirt (avoid cotton if possible)
- 1 fleece jacket, or wool sweater
- Rain jacket
- Hat/bandana
- Warm/winter hat
- Gloves or mittens
- Headlamp or small flashlight
- Toothbrush, toothpaste
- Feminine hygiene products as needed
- Camera
- 2 liters of water bottles/Camelback
- Sleeping bag – small, to stuff inside backpack
- Hiking backpack no more than 3000 cubic inches (camp has a limited number packs for CITs to use)
- Note: Please avoid cotton clothes when possible! Cotton gets wet and takes a long time to dry, and can be very heavy. Polypropylene, fleece, and wool dry quickly and are a lot more comfortable.
- Optional Ideas: Trekking Poles & Sleeping Pad & Journal