



WEST COAST CIT

Pack as you would for regular camp (but shorter amt of time). The list below is specific for the West Coast travel. You can leave your other items in the WCIT cabin while you are gone such as bedding, silly clothes, etc.

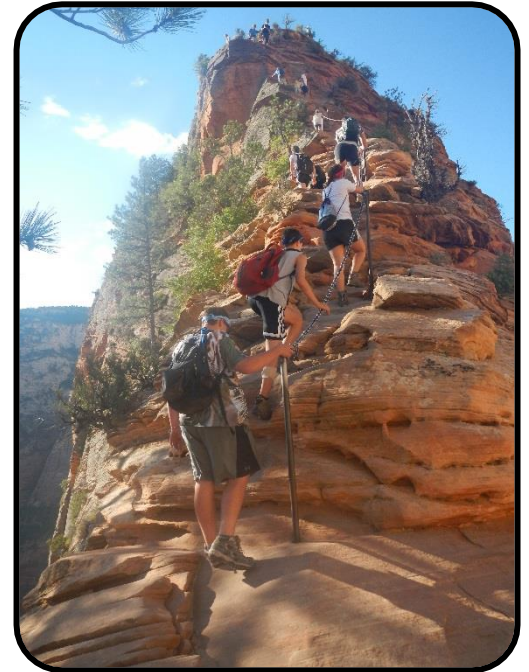
Week 1&2: *Almost immediately after a day of teambuilding... fly WEST! On your 10-day trip you'll hike in Zion, the Grand Canyon and various national parks... get ready for the unforgettable! You'll be hiking in the hot desert, this list is to prepare you.*

Luggage Travel: *You will use a day-backpack as carry-on, and a "soft shell" duffel bag as checked baggage. That's it. You'll be rotating things from the larger duffel to the small backpack often so you'll only hike with what you need. Due to park permits, every year the WCIT trip is a little different. This year's itinerary will be worked on and mailed to you in the spring months.*

Week 3: *Back at Coniston working with staff mentors in cabins, program areas and starting First Aid & CPR classes*

Week 4: *American Red Cross lifeguard certification classes with the East Coast CITS!*

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



- Day back pack (not a string pack) as your airplane carry on & for the several day-hikes.
- Duffel Bag - Large/XL
<https://www.ems.com/ems-camp-duffel-extra-large/2027794.html#start=2>
- Lightweight (40 degree) sleeping bag for warm temperatures – small, to stuff into your backpack
- A separate sleeping bag liner is great for the bottom of the Canyon when it's 115+ temperatures! (optional)
- Sleeping Pad (air or foam)
- 1 pair of comfortable hiking shoes with firm sole and support (please wear & break in before summer starts!)
- 1 pair of open toe shoes for after hiking (flip flops, Crocs...)
- Closed toe sandals – for river hiking –old sneakers (Crocs do not count for this shoe)
- 5 pairs of hiking socks (for long walking days)
- 3 pairs lighters socks
- 2-3 Bandanas – think sun protection! (you'll also soak it in water to cool you off)
- 2-3 pairs of comfortable, loose-fitting shorts
- 1 long sleeve shirt (for local town visits)
- 1 pair of jeans/sweats for travel nights out
- 4-5 cotton t-shirts (stay cool in the heat!)
- Light fleece or sweatshirt
- Light Rain jacket (breathable-not rubber/plastic)
- Underwear (1 for each day), sports bras
- Hat/visor
- Headlamp (preferred) for night hiking, or small flashlight (extra batteries)
- Toothbrush & Toothpaste
- Deodorant, feminine hygiene products
- Sunscreen & lip balm– 15+ SPF (must have)
- Sunglasses, camera, stamps (optional)
- 1 one-piece swimsuit
- 1 bath & face towels
- 2-3 water bottles: one may be a camelback but the others have to be in bottle form.
- Spending Money for personal souvenirs: \$75-\$100