

# CIT PACKING LIST

EVERYTHING ON THE LIST IS MANDATORY UNLESS STATED AS OPTIONAL.

Clothing	✓	Footwear	✓
Underwear x10		Athletic Shoes (Running Shoes)	
Socks x7		Hiking Boots	
<b>3x Hiking/Athletic Socks</b>		Sandals/ Flip Flops for waterfront	
3-4x Shorts		<b>Personal Items</b>	✓
3-5x Shirts		Pillow	
2x Pants		Sunglasses	
2x Athletic/Quick Dry Shirts		Sunscreen	
2x Long sleeve Shirts		Bug Spray	
2x Sweater/Hoodie		Toiletries- tooth brush, tooth paste, soap, shampoo, towel, hair brush, lip chap	
Warm Jacket		Towel	
Sweatpants		<b>Necessary Medications- Must Be Blister Packed by a Pharmacy</b>	
Swimsuit		<b>Backpacking Gear</b>	✓
Hat (Ball Cap)		Overnight Backpack- Minimum 50L	
Toque		Sleeping Bag (0C rating preferred)	

Backpacking Gear Continued	✓	Optional Items	✓
Headlamp (Not a handheld flashlight)		Journal	
2x Water Bottle		Camera	
Day Pack		Book to Read	
Bow/ Container		<b>Portable Instrument</b>	
Cutlery (Fork, Spoon, Knife)		Camp/Pocket Knife (Must be given to Office at check-in...)	
Travel Mug		Fishing Gear	
		Personal Snacks	
		Cash for Camp Store	
		Dry Bag	

### Important Info Please Read:

Please Leave at home:  
 Valuables, Nut products Electronic Games, Matches, lighters,  
 Curling/straightening irons, Pocket Knives, Hair Dryers.

**\*Alcohol, drugs and other illegal items are not permitted at Blue Lake Camp. Blue Lake Camp will not be responsible for replacing items that are lost, damaged, or stolen while at camp. \***