

# CITIT Leadership Training Camp

## What to Bring

- Toiletries such as soap, shampoo, razor, deodorant, etc.
- Bathing Towel
- T-shirts, at least 3 to 4
- Shorts, at least 3 to 4
- Closed toe shoes
- Pajamas
- Sleeping bag or twin sheets w/ pillow and blanket
- Girls: one piece swimsuit or tankini
- Beach Towel
- Bug spray and sunscreen
- Bible
- Refillable water bottle (labeled with your name)
- Flashlight
- Board game and/or cards (labeled with your name)
- Snacks, non-chocolate, sealed in Ziploc

## Medications

- Label in original container and placed in Ziploc with name and instructions
- Check out the medical form link on our site for forms to go with inhalers, epi pens, and diabetic needs
- Put these forms with your instructions
- Upon arrival, we will have you put this information on an index card for staff reference during our time away
- All medicines will be in central location with easy access for the Camp Thurman staff, so we ask that you **not** put it in your luggage

## Electronics

- Do not bring electronics
- You may bring cell phone if you choose, but keep in mind that they will be collected and kept in a common area to be used to call home when needed.

## Meals

- All meals are provided and include Saturday evening meal, three meals on Sunday, and three meals on Monday