

Counselor in Training (CIT)

Dear Parents:

Thank you for selecting the Counselor in Training (CIT) program for your teenager! Included is your teen's CIT application form, which needs to be completed before the CIT process can commence. This application is the first step of the CIT program. Much like full-time staff, CIT's will receive an interview in order to be accepted into the program.

The CIT's will be living in our primitive camp adjacent to East Camp. There is a portable toilet nearby, and they have unrestricted access to the bathhouse at East Camp. The CIT campers will move into Main Camp cabins their 2nd week for hands-on training.

Program Activities

Through theoretical, structured, and practical hands-on training and hands-on programming, CIT participants will learn many of the skills required to be a Camp Lakewood Counselor.

The CIT's responsibilities include assisting counselors with daily activities and assuming the role of a counselor in the latter part of the program. They will be given the opportunity to lead activities, assist with clinics, work with a cabin group, and much more.

As a group, they will work together to develop communication skills, group leadership skills, and become aware of group and individual needs. With encouragement from our staff, CIT's will work on achieving goals. They will be given the many tools and skills to become the best counselors they can be.

It is important for your camper to understand that participation in the CIT program does not guarantee that they will be accepted as an assistant counselor the following summer. All Lakewood staff are screened and interviewed annually. Verbal and written evaluations during the CIT session will be a large component of the hiring process for the following year.

Parent Packet

The Parent Packet is provided on our website. Please read all the information carefully. Please make sure all forms are returned at least three weeks before the camper arrives at camp. If you have any questions, please contact our office. We will be happy to assist you!

Clothing List for Counselor in Training

Please send appropriate clothing with your camper, taking into consideration the weather and camp activities. We encourage you to send old clothing, as your camper will be camping out, sleeping on the ground, doing rugged sports, climbing and hiking through the woods. They will have the opportunity of going into town to do laundry in the middle of the session. Your CIT camper will need at least \$30.00 additional in their Trading Post account for laundry and supervised days off.

We have provided an online link from our website to order forms for laundry labels and encourage their use. Please mark all items with a laundry label or permanent marker.

Luggage should be compact and easy to carry. Swimwear and towel should be packed at the top of the camper's suitcase. **DO NOT PACK MEDICATIONS.** All medications will be given to the nurse upon arrival.

One set of clothes (sneakers, long pants, t-shirt) should be included for caving. Clothes worn in cave will not come clean!

Camp is an opportunity for children to develop their sense of self-care and personal responsibility. Please review the list of things you are sending with your camper so they know what clothing and personal items should return home. Remember that your camper's belongings have the risk of being lost or misplaced. Therefore, **do not** send items of considerable value or sentimental significance.

Suggested	# Sent	CLOTHING LIST	# Returned
10	_____	T-shirts and Shirts	_____
7	_____	Shorts	_____
1	_____	Old T-shirt and Shorts	_____
13	_____	Underclothes	_____
13	_____	Pairs of Socks	_____
1	_____	Sneakers	_____
1	_____	Hiking boots*	_____
1	_____	Texas/Sport Sandals (<i>for canoe trip</i>)	_____
1	_____	Sweatshirt/Light Jacket	_____
2	_____	Swimsuits	_____
4	_____	Bath Towel & Wash Cloth	_____
2	_____	Night Clothes	_____
1	_____	Poncho/Raincoat - <i>Required</i>	_____
1	_____	Hat - <i>Protection from sun/rain</i>	_____

Hiking boots should be broken in. Do not come to camp with a brand new pair of boots you have never worn.

Optional
 Sunglasses
 Camera/Film
 Bandana
 Books
 Knife-3 ½" max, or Multi tool

Suggested	# Sent	BEDDING	# Returned
1	_____	Sleeping bag - for overnights	_____
1	_____	Pillow/Pillow case	_____

Don't Bring
 Cell phones
 Aerosol Cans
 Fireworks
 Guns or Knives
 Radios/Walkman
 Video Games
 Candy or Gum
 Tobacco Products
 Lighters/Matches
 Jewelry
 Skateboards
 Rollerblades
 Illegal drugs
 Money
 Gang Apparel
 Bad Attitude
 Mirrors/Glass

Suggested	# Sent	OTHER ITEMS	# Returned
1	_____	Toiletries/Shower Bag/Shampoo	_____
1	_____	Soap & Soap Dish	_____
1	_____	Toothbrush & Toothpaste	_____
1	_____	Comb/Brush	_____
1	_____	Water Bottle (<i>available at Trading Post</i>)	_____
1	_____	Laundry Bag - required	_____
1	_____	Flashlight/Batteries	_____
1	_____	Large Back Pack	_____
1	_____	Journal for Writing	_____
1	_____	Bug Repellent with Low DEET	_____
1	_____	Suntan Lotion/Sun Block	_____
		Writing Materials and Stamps	
		Tampons/Kotex	