Camp No Worries Parent Handbook
2019

Camp Address: Camp Inawendiwin, 81 Powell Place Road, Tabernacle, NJ 08088
Camp Phone: 856-630-2132

Camp Week: June 23 - 29, 2019
Drop off: Sunday June 23rd 1:00pm
Pick up: Saturday June 29th 9:00am
Please note new drop off and pick up times.

Camp website- www.campnoworries.org
Camp No Worries is looking forward to having you join us for the 2019 camp week. Whether this is your first time at camp, or you are a returning Camp No Worries camper, camp week promises to be filled with lots of fun, friendship, and surprises.

This parent manual is full of all kinds of important information so that you and your children have a successful camp week.

- **Check-in to camp will begin on Sunday, June 23, 2019 at 1:00 pm.** Please make sure that your children have eaten lunch and take any scheduled medication prior to arrival. Please do not plan to arrive before 1:00 pm as we will be preparing camp and completing our staff training before the campers arrive. When you arrive, please proceed directly to the dirt lot where you will check in your camper(s), visit the nurses, and meet your child’s/children’s counselors. Please have all medications ready, accurately labeled, and secured in a zip locked bag. Please be aware that all campers must meet with the nurses whether or not they have medications to check in.

- **Camp No Worries will end on Saturday, June 29, 2019 at 9:00 am with closing ceremonies.** Please meet your child(ren) in the dirt lot and pick up their belongings. Staff will be available to assist you and direct you to a short closing ceremony. This event is important to our campers and staff so we hope that you will consider staying for the entire ceremony.

**Important reminders:**

- If your child(ren) has been exposed to any communicable diseases within three weeks prior to the first day of camp, it is imperative that you email the Medical Coordinator (medical@campnoworries.org) as soon as possible.

- If you need to make any changes to emergency contact information, please email the Camper Recruiter (camprecruiter@campnoworries.org) before arriving at camp.

- If your registered camper is no longer able to attend camp, please immediately notify the Camper Recruiter (camprecruiter@campnoworries.org) so that we can offer your child’s spot to someone else.

We look forward to seeing you!

*Kasey*
Kasey Massa
CAMP NO WORRIES®
Executive Director
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Directions to Camp No Worries 😊
At Camp Inawendiwin
GPS Address: 71 Powell Place Road, Tabernacle, NJ 08088

From Mount Laurel:

Go east on Route 38 to Hartford Road. Make right hand turn onto Hartford. Proceed on Hartford to Route 70. Make left onto Route 70 East. Go around the Red Lion Circle (Rt.70/206 circle) to continue Route 70 East. Go 1 mile to New Road traffic light. Make a right onto New Road. Follow New Road 0.8 miles to Friendship Road. Make a left onto Friendship Road. Travel on Friendship Road approximately 1.5 miles. Entrance to Camp No Worries (Camp Inawendiwin) is on the right-hand side. Proceed to the Dirt Lot.

From the North:

Take Route 206 South to Red Lion Circle (Junction of Route 206 and Route 70). Go around circle to Route 70 East. Go 1 mile to New Road traffic light. Make right onto New Road. Follow New Road 0.8 miles to Friendship Road. Make a left onto Friendship Road. Travel on Friendship Road approximately 1.5 miles. Entrance to Camp No Worries (Camp Inawendiwin) is on the right-hand side. Proceed to the Dirt Lot.

From the South:

Take Interstate 295 to Exit 34A to Route 70 East (Marlton). Go 14 miles on Route 70 East to Red Lion Circle (Rt.70/206 circle). Go around circle to continue Route 70 East. Go 1 mile to New Road traffic light. Make a right onto New Road. Follow New Road 0.8 miles to Friendship Road. Make a left onto Friendship Road. Travel on Friendship Road approximately 1.5 miles. Entrance to Camp No Worries (Camp Inawendiwin) is on the right-hand side. Proceed to the Dirt Lot.

Drop Off/Pick Up During Camp Session
To make the most of your child’s camp experience, he/she should be on site for the entire camp session. We recognize that on rare occasions, you may need to drop off/pick up your child for necessary medical appointments and other extenuating circumstances while camp is in session. If you need to do so, you will coordinate with the Camper Recruiter (camprecruiter@campnowworries.org) prior to camp.

During camp, the procedure is as follows:
1. A parent or guardian must be present to pick up or drop off a child.
2. You will meet/drop off your child in the dirt lot. Your child will be accompanied or met by the Camper Recruiter or member of the Leadership Team. (Please remain in the dirt lot for drop off/pick up.)
3. You will sign in/out to acknowledge the time and reason for your child being offsite.
4. If you need to adjust the time for drop off/pick up, if you arrive onsite earlier than anticipated, or if you are running more than 10 minutes late, please call the camp phone at 609-630-2132.
What to Bring
The following is a list of suggested items to bring to camp. Please do not send your child’s best clothing. Bring play clothes - things that can get muddy, wet, or grass stained. Valuables and meaningful items should be left at home for safekeeping. Camp No Worries is not responsible for any lost, stolen, or damaged items.

All items (including luggage, backpacks, sleeping bags, pillows, books, hats, and clothing) should be labeled with your child’s full name. Have your camper help pack so they know what they have brought.

2 sheets (twin) and 1 blanket 3 towels (2 bath, 1 swim)
2 -3 swim suits (modest styles) Sleeping bag
Tooth brush, tooth paste Soap, shampoo, conditioner
Pillow and pillow case Flashlight/headlamp
Sunblock and lip balm Sunglasses
Deodorant Hat with a visor
Mosquito repellent 6-8 pairs of socks
Prescription Medications Sandals/flip flops (for shower)
Closed toed water shoes* 2 pajamas
6-8 pairs of underwear 2 pants
6-8 pairs of shorts (minimum 3” inseam) 1 long sleeved shirt
6-8 shirts (for girls, no full open sided tank tops) Laundry bag for dirty clothes
Sweatshirt 2 pairs of sneakers
Light jacket Hair brush/comb

*For the safety of all campers, counselors, and staff, everyone is required to wear closed toed shoes at all times (except for inside sleeping cabins). Closed toed shoes must be worn to/from swimming and during boating activities.

Process for unclaimed found items:
• On Friday morning after breakfast, all the found items will be displayed for camper recovery. Items will be displayed again during Saturday’s closing ceremonies where parent/guardian will have an opportunity to identify and retrieve.
• Unclaimed items will be held at the CHOP Voorhees clinic. Please coordinate with our staff for retrieval.
• Items not claimed after 2 weeks will be donated to a local charity.

What Not to Bring:
The following is a list of items not to bring to camp. If they are found, they will be confiscated and returned at the end of the session, if appropriate. Please note that, if warranted, your child might be removed from camp and/or the local authorities might be notified.

Cell Phones Tablets
TVs, Radios, Handhelds Tablet PCs
CD Players, iPods, MP3 Players Food
Video Games Pocket Knives
Pets or animals Personal Sports Equipment
Firearms or weapons Drugs or alcohol
Fireworks Any tobacco products (including vaping and juuling)
Camper Daily Schedule

A Typical Day at Camp No Worries

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:15 am</td>
<td>Wake Up</td>
</tr>
<tr>
<td>8:00 am</td>
<td>Breakfast</td>
</tr>
<tr>
<td>8:45 am</td>
<td>Morning Activities (3 sessions)</td>
</tr>
<tr>
<td>12:00 pm</td>
<td>Lunch</td>
</tr>
<tr>
<td>1:00 pm</td>
<td>Rest</td>
</tr>
<tr>
<td>2:15 pm</td>
<td>Afternoon Activities (2 sessions)</td>
</tr>
<tr>
<td>4:30 pm</td>
<td>Cabin Time</td>
</tr>
<tr>
<td>5:30 pm</td>
<td>Dinner</td>
</tr>
<tr>
<td>7:00 pm</td>
<td>Evening All Camp Activity</td>
</tr>
<tr>
<td>9:00 pm</td>
<td>Lights Out!</td>
</tr>
</tbody>
</table>

Photo Gallery- You can see what’s going on at camp by checking out our daily photo updates on Facebook or Instagram. We try to post the latest photos daily, however, our priority is to provide a wonderful experience for your camper.

Remember to search and like our Facebook and Instagram Pages prior to the start of camp.

Special Parent Notes
Here are some special thoughts for parents.
• You can lessen the potential of your camper “missing home” by having them practice in advance by sleeping over at a grandparent’s or a friend’s house.
• It’s OK to bring a special stuffed animal from home. (Make sure it is labeled.)
• Be reassuring to your camper. Let them know how excited you are for them and how “great” you know they will do at camp.
• Do not promise them you will come pick them up if they don’t like it. Instead, be reassuring.
• At camper drop off, you will check in and visit the nurses, but don’t stay too long. Once they have gotten involved with their counselor or other campers, it’s time for them to start their experience. They will do just fine.
Contacting Us
If you have questions or concerns, we may not always be by the phone, but you can leave a message, and we’ll get back to you as soon as we can. Remember, Camp No Worries Phone is 856-630-2132.

What you will hear from camp:
The adage of, “No news is good news,” holds true for camp. This is your child’s time to start developing their independence, so we ask that parents and guardians not call camp to talk to their children. A call from home can trigger feelings of missing home and are a distraction from camp.

We will call you if your child is taken off site for any type of medical attention or to consult with you on behavioral issues.

Your child will not be allowed to call you. Rest assured, we will contact you for behavioral or complex medical issues.

In the event of an unforeseen emergency that affects all of camp (power outage, severe weather), you will be contacted by email from another member of our staff who may not be on-site. During severe weather, we may not have mobile phone service, so please do not worry, we will be in contact with you.

Technology at Camp
The heart of the camp experience comes from wholesome activities, relationships built with fellow campers and staff, and time in nature. To fully engage in this, we enforce a "no-tech" policy for campers. Please have your child leave all electronic devices at home before departing. Thank you for partnering with us on this! When your child returns home, ask about the wonderful sights and sounds of nature!

Health and Safety
The health and safety of everyone at Camp No Worries is our top priority. The following policies and procedures are for everyone’s health and well-being.

Health History: All campers are required to submit a Camp No Worries Physical Exam form completed and signed by a Physician/APN annually. The Camp No Worries Physical Exam form will be available on the www.campnoworries.org website.

• This Physical Exam form will give camp the pertinent information needed to help your child if a medical issue arises. The general application, filled out by the parent/guardian, provides parents/guardians an opportunity to let camp know about concerns or suggestions that will help camp staff support your child in having a great camp experience. Please fill out the entire form. Please be sure to include multiple phone numbers for multiple people who camp can contact in case of an emergency. Please provide as much information as possible on how we can best support your child while at camp. All forms for both patients and siblings will be available on the Camp No Worries web site.

• Please inform camp if there has been any exposure to a communicable disease within 3 weeks of coming to camp or if any symptoms of illness occur immediately prior to camp.
**Health Insurance/Prescription Card:** Please attach a copy of the camper’s health insurance card and prescription card to their Physical Exam form. This information will only be used to facilitate outside medical treatment or prescriptions. A parent or guardian will always be contacted if their child needs outside medical treatment.

Camp No Worries carries liability insurance but does not carry day to day health insurance for campers. Campers’ individual insurance will be used for all illnesses or injuries that require treatment by a Doctor, Urgent Care, or Hospital. Parent/guardian (the guarantor) for the campers’ insurance would be responsible for any co-pays or co-insurance.

**Current Immunization Records:** Please also attach a current copy of your child’s immunization record.

**Medication:**
- Medication must be turned in during check in. Medications must be in original containers and labeled clearly with camper’s name, medication, dosage, and frequency.
- All medications are stored in the Infirmary building and issued by a Camp Nurse.
- No over-the-counter medication will be accepted. Camp will provide over-the-counter medications listed below.
- If the camper has “emergency medication” (i.e. epi pen, inhaler), the medication will be kept with the counselor at all times.

**Healthcare at Camp:**
Attention Parents! If needed, we will provide the following medications through our Infirmary. If your child uses an over-the-counter medication that is not listed here, you may send the amount they will need for their stay at camp in its original container.

**Over the Counter Medications Provided by Camp:**
- Acetaminophen (like Tylenol), swallowable and chewable
- Ibuprofen (like Motrin, Advil), swallowable and chewable
- Throat Lozenges
- Antihistamine (like Benadryl), swallowable and chewable
- Calamine, Caladryl or anti-itch
- Antibiotic Ointment (like Polysporin or Neosporin)
- Hydrocortisone Cream
Antacid (like Tums)
Pepto Bismol
Antifungal Ointment or Spray
Diamode (for diarrhea or upset stomach)
Robitussin (for cough)
Loradamed (like Claritin)

**Shots or Injections:** If your child is to receive shots or injections while at camp, you must contact our Medical Coordinator in advance to confirm that we have a good understanding of need. Our Medical Coordinator can be reached at medical@campnoworries.org

**What if my Child is Sick or Injured at Camp?**
- In the event of non-emergency medical treatment, campers are taken to a Camp Nurse, who administers minor first aid.
- In the event of a more acute injury or illness, the camper will be taken by ambulance to Virtua Mount Holly Hospital. A parent will be contacted.
- In the event of an illness or injury where the camper will not be able to stay at camp, a parent or emergency contact will be called to plan for pick up.

**Head Lice:** If your child is found to have head lice upon arrival at camp, they will be sent home. They may return to camp once they have been properly medicated for 24 hours and are found to be nit free.

**Bugs, etc.:**
Camp Inawendiwin is in a beautiful wooded environment. With that comes some mosquitoes and ticks. Application of mosquito repellant can be effective. We ask that you send bug spray for your camper. Of course, our camp nurses will always have an extra supply. Campers will be instructed to check themselves for ticks while at camp. Camp Counselors, or a Camp Nurse, will assist in checking appropriately, and our medical staff will help with tick removal if found. Parents will be notified at check out if any ticks were removed while at camp. Parents should also check when they get home. If your child develops flu-like symptoms after camp, be sure to tell your health professional that they have been in the woods as deer ticks may carry Lyme’s Disease.

**Safety Considerations:**
The safety of each child is our primary concern. To ensure that your child has a safe summer camp experience, your child should:
- Understand, remember, and follow instructions.
- Know that summer camp will require effort and a willingness to participate.
- Be responsible for participating in all activities independently or with assistance of a companion.
- Participate in primarily outdoor activities in large and small groups for the duration of their stay at camp.
- Properly wear Personal Floatation devices (i.e. life vests), provided by camp. **These must be worn for all boating activities.**
Severe Weather:
Camp No Worries at Camp Indawendiwin has weather radios and access to weather radar to be aware of pending weather conditions. If severe storms are approaching, campers and staff will be moved to the dining hall or other areas of camp for safety.

Code of Conduct:
Camp No Worries Parents/Guardians & Campers: Please read this together. Camp No Worries is committed to providing a safe and welcoming environment for all. We ask everyone to act respectfully always, behaving in a responsible manner and respecting the rights and dignity of others.
• Be nice, include everyone, do your chores, leave other people’s stuff alone, listen to counselors.
• Use kind words, no name calling, teasing, or put downs, no swearing, no gossip.
• Gentle touches, no hitting.

Behavior Policy: If campers are unable to act appropriately, the following will occur.
Level 1: Arguing, swearing, refusing to listen, being inappropriate, personal space issues, bullying.
First incident:
• Time out, removal from activity or loss of privileges followed by debrief.
Second incident:
• Time out, removal from activity or loss of privileges followed by debrief.
• Meeting with Lead Counselor, Camper Recruiter, and/or Camp Director.
• Phone call home to update parents and work on solutions.
Third incident:
• Phone call home by Camp Director and likely removal from camp.
Level 2: Violence (hurting others, self, or property), stealing or threatening violence.
Any incident:
• Meeting with Lead Counselor, Camper Recruiter, and/or Camp Director.
• Phone call home by Camp Director to update parents and work on solutions.
• Consequence and behavior contract or removal from camp.

Bullying Policy
Bullying is when one or more people exclude, tease, taunt, gossip, hit, kick, or put down another person with intent to hurt another. Bullying happens when a person or group of people want to have power over another and use their power to get their way at the expense of someone else.

At Camp No Worries, bullying is inexcusable, and we have a firm policy against all types of bullying. Each camper is expected to treat all other campers with respect. If a camper has difficulty meeting this expectation, we will follow the behavior policy to work with the child to find better outcomes.

Camp leadership addresses all incidents of bullying seriously and trains staff to promote communication with their staff and their campers. Every person has the right to expect to have the best possible experience at camp. By working together as a team to identify and manage bullying, we can help ensure all campers and staff have a great summer camp experience at Camp No Worries.
Off-Season Contact and Internet Communication Policy for full-time, part-time volunteers, staff, campers and their families.

Camp No Worries acknowledges that it has limited control over the behavior of its volunteer staff, and campers during the off-season. For the purpose of Camp No Worries and these policies, the “off-season” is defined as the day after camp ends until the first day of camp the following year. In an effort to support and protect both volunteers and campers during this time, Camp No Worries has put the following Off-Season Contact and Internet Communication policies in place. The term “camper” is defined as patients and siblings who attend camp (ages 6-16) and LiTs/CiTs (ages 17 and 18). The term “volunteer staff” is defined as 19 or older who is a full-time or part-time volunteer for the week-long camp session and includes year round volunteer staff.

Camp No Worries volunteer staff will be made aware that once they become involved with Camp No Worries, their statements, actions and behaviors in the off-season have the potential to be seen as a reflection of the Camp No Worries program. Similarly, volunteer staff may also be viewed as a spokesperson or representative of Camp No Worries.

While Camp No Worries recognizes the strong bonds and friendships that are formed during camp, it does not allow its volunteer staff to have any contact with campers during the off-season unless it is a CNW sponsored event. Volunteer staff of CNW are not allowed to exchange or release any of their personal contact information to a camper or family.

Every volunteer staff member will sign and agree to the terms of this contract and is made aware that a violation of any portion of the contract is subject to immediate disciplinary action, including termination of current and future involvement with Camp No Worries. Camp No Worries obligates any volunteer staff member who has knowledge of a violation of these policies during the off-season to notify the Executive Director or Camp Director immediately.

Every camper/parent/guardian will sign and agree to the terms of this contract. Parents and caregivers of CNW are encouraged to be aware of any contact their children may have with CNW volunteer staff in the off-season and to contact the Camp Director or Camper Recruiter with any concerns.

Contact outside of camp and during the off-season:

- For the purpose of Camp No Worries and this policy, “contact” is defined as phone calls, text messages, emails, instant messages, social gatherings, or any other communication/activities not organized or sponsored by Camp No Worries.
- Camp No Worries does not allow its volunteer staff to have contact with campers during the off-season as any/all contact cannot be monitored by Camp No Worries.
- Camp No Worries prohibits volunteer staff members from releasing their personal phone numbers, email addresses, mailing address or other contact information to a camper.
- Camp No Worries encourages campers’ parents and/or guardians to be aware of any/all contact their children may have with Camp No Worries volunteer staff during the off-season and to contact the Camp Director with any concerns.
- Camp No Worries does not claim responsibility and is not liable for the behavior or actions of its volunteer staff during the off-season.
- Please notify the Camp Director in writing regarding existing relationships with campers or camp families. Volunteer staff who previously have been campers at CNW will have an understood
relationship with some remaining campers or volunteer staff and do not need to notify the Camp Director.

**Internet Communication:**

- Camp No Worries volunteer staff, campers/parents/guardians agree to recognize that anything they post online may be:
  - Seen as a reflection of Camp No Worries.
  - Misinterpreted, as each individual can be viewed as a spokesperson or representative of CNW.
  - Read by a Camp No Worries follower.

- For the purpose of Camp No Worries and this policy, “internet communication/electronic contact” is defined as engaging in any internet-based activity which allows campers and volunteer staff to expose their personal information and actions to the public at large. These activities include, but are not limited to: emailing, instant messaging, Facebook, Twitter, Instagram, or creating personal web pages on social networking sites or sharing digital pictures and/or video clips.

- Camp No Worries volunteer staff, campers and families acknowledges that the following internet communication activities are prohibited by Camp No Worries and therefore agrees not to use a social networking site, group page, personal website or other internet medium to:
  - Create a Camp No Worries “group page” that Camp No Worries campers and staff can link their personal pages to-
    - Use the official Camp No Worries name, logo or website link.
    - Post digital pictures of volunteer staff members without their prior permission.
    - Include text or photographs that are the property of Camp No Worries.
    - Engage in online harassment, bullying or intimidation of Camp No Worries volunteer staff or campers.
    - Discuss conduct or behavior prohibited by camp policy.
    - Disparage the Camp No Worries name or its program, campers, families or other volunteer staff associated with it.
    - Display inappropriate pictures or proof of involvement in illegal activities (i.e. drugs, underage drinking or hazing).
    - Post comments that are derogatory with regard to an individual’s race, gender, religion, sexual orientation or disability.
    - Use disrespectful, obscene, vulgar, suggestive or sexually explicit language.
    - Post comments on campers’ or volunteer staff personal pages.
    - Discuss personal medical information relating to a volunteer staff member or camper.

- Camp No Worries Leadership staff will review major internet sites on a regular basis in order to ensure that volunteer staff members are not in violation of internet communication activities.
Digital Photographs

• Parents or guardians of Camp No Worries’ campers who have given consent for their children’s photographs to be distributed, broadcast or publicized have done so ONLY by and for the use of Camp No Worries.
• The only photographs of campers that can be posted publicly are those on a Camp No Worries official website, Camp No Worries social media site, or Camp No Worries recruitment materials.
• No photographs or video clips are to be taken of campers by volunteer staff.
• Volunteer staff may take pictures of camp grounds, buildings, the lake, inside cabins, signs, etc. as long as there are no campers visible in the photographs.
• Volunteer staff may take pictures of fellow volunteer staff with their permission.
• Any and all public use of campers’ pictures obtained from our website or social media accounts for activities or projects organized or sponsored by Camp No Worries, such as volunteer staff recruitment or fundraising, must be approved by the Executive Director or member of The Board of Directors of CNW prior to use.
• If photos are found to be displayed on the Internet of campers in any capacity, the person responsible will be contacted immediately to remove the pictures, and disciplinary action will be taken by Camp No Worries.

Exceptions to these policies are understood in situations where Camp No Worries volunteer staff members have had relationships with campers and/or their families prior to becoming involved in Camp No Worries.

As the leadership staff at Camp No Worries, we recognize and value the unique bond that campers and volunteer staff members form with one another through their experience at Camp No Worries. We continue to be amazed at what a difference Camp No Worries brings to the lives of children facing cancer. By instituting the above policy we have no intention of interfering with the connections that are made at camp. Rather, we continue to search for ways to continue to make Camp No Worries a positive experience throughout the year and to support and protect both volunteer staff and campers during this time. We will try our best to enforce these terms to the best of our ability.

Camp Menu:
A component of Camp No Worries’ total wellness program is its meals. The kitchen staff creates well balanced and good tasting meals based on sound nutrition guidelines.
• Vegetarian options are available.
• A salad bar is available with lunch and dinner.
• A cereal bar with juice, fruit and yogurt is available each breakfast (minimal sugar cereals are provided).
• The food portions are ample, and seconds are usually available. Do not have your child arrive at camp with snacks or beverages.
• Let camp know on your child’s camp application if your child has food allergies or dietary restrictions.
Camp Activities:
A wide variety of activities are offered at Camp No Worries. Some are done in cabin groups, and some are done with campers from other cabins. Some examples of camp’s activities include: Range, Boating, Swimming, Arts & Crafts, STEM Activities, Sports, Team Building, and All Camp Games.

Camp’s Waterfront:
Many of Camp No Worries’ activities are in or on the lake and poolside. Each camper’s swimming ability will be observed on the first day, so they can swim in the appropriate areas.

- All campers wear life vests anytime they are in a canoe, kayak, or boat. • Lifeguards are present at all waterfront activities. • The “Buddy System” is used at Camp No Worries. • Recreational swimming is an activity at camp, but swim lessons are not.

LIT/CIT Program:
The LIT/CIT program is specifically designed for campers aged 17-18yo interested in working at camp in the future.
LITs: will be assigned one full day at camp and will facilitate a special all camp activity.
CITs: will sleep in camper cabins and are mentored by the assigned mentor counselor. CITs will bring the items on the general packing list.