

COUNSELORS IN TRAINING: AGES 13–15

12 DAYS AND 10 NIGHTS AT MILL HOLLOW. A FEW HOURS OFF-SITE FOR BOATING AT NEARBY RESERVOIR

This two-week program is designed for campers ready to explore their leadership skills and learn what it takes to work with youth and help camp run smoothly. The CIT program balances time enjoying camp activities with building a strong leadership foundation. During the first week, campers focus on communication, teamwork, leadership, and relationship-building before gaining hands-on experience helping counselors and younger campers in the second week. Throughout the program, teen leaders are mentored by both cabin counselors and two dedicated teen leadership staff.

SAMPLE 1st WEEK SCHEDULE

7:30 AM Wake Up

8:00 AM Morning Mindfulness

8:15 AM Breakfast

9:00 AM Leadership Session

10:30 AM Low Ropes Teamwork

12:00 PM Lunch and Chores

1:00 PM Rest Hour

2:00 PM Free Time and Snack

3:00 PM Help Lead Choices

4:00 PM Cabin Activity

5:00 PM Dinner

6:30 PM Evening Programs

8:30 PM Evening Routine and TAPS

10:00 PM Lights Out





TEEN LEADERSHIP CAMP OUT ADD-ON

Teen leaders, like CITs, may return home between program weeks or join an optional weekend campout with YMCA staff and fellow teen leaders. From Friday evening to Sunday morning, participants enjoy camping, campfires, boating, games, and time to relax before returning to Mill Hollow ready for the final week of their program.

PACKING FOR CIT PROGRAM

CLOTHING
-5 T-Shirts
-2 UV-Protective Shirts
-3 Long Sleeve Shirts
-5 Pairs of Shorts
-3 Pairs of Pants
-12 Pairs of Underwear
-7 Pairs of Socks for Day Use
-A few Pairs of Warm Socks for Sleeping
-1 Set of Pajamas
-1 Sweater / Hoodie / Jacket
-1 Raincoat
-Sun Hat / Baseball Hat
-Sunglasses
-Swimsuit and Beach Towel
-Warm Hat and Light Gloves
-1 or 2 Sets of Base Layer Thermals
-Sneakers

BEDDING
-Twin-Sized fitted sheet
-Sleeping Bag or Comforter
-Pillow
-Blanket for Evening Programs

PLEASE NOTE: Because of camp's elevation, the weather changes quickly and the UV is more intense. Layers and sun protection are a big deal.

BATHROOM
-Toiletry Bag / Shower Caddy
-Toothbrush and Toothpaste
-Body Wash / Soap
-Shampoo / Conditioner
-Bath Towel
-Lotion
-Menstrual Hygiene Items
-Shower Shoes (i.e. Flip Flops)
-Sunscreen
-Bug Spray
-Deodorant
-Hairbrush and Hair Ties

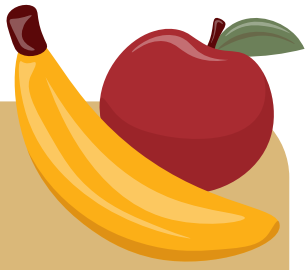
MUST HAVE
-Water Bottle

NICE TO HAVE / OPTIONAL
-Sandals (MUST have a heel strap)
-Small Bag or Water Bottle Strap
-Head Lamp or Flashlight
-Laundry Bag
-Comfort Items (i.e. Stuffed Animal or Family Photo)
-Eye Mask or Ear Plugs
-Disposable or Light Digital Camera (Please leave phones at home or turn them in with staff at check-in)
-Stamped and Addressed Envelopes
-Book or Journal
-Returning Campers Only: Dog Tag Necklace
-Fishing Pole and Tackle

NEED TO BORROW SOMETHING FROM THE LIST OR HAVE A QUESTION? NO WORRIES! JUST SEND CALI AN EMAIL! CGURNICKI@YMCAUTAH.ORG



SAMPLE MENU FOR CIT PROGRAM



SUNDAY
DINNER: Spaghetti & Meatballs, Broccoli, Garlic Bread

MONDAY
BREAKFAST: Pancakes, Scrambled Eggs, Bacon
LUNCH: Corn Dogs, Potato Wedges, Jell-O Cups
DINNER: Orange Chicken, Rice, Steamed Veggies

TUESDAY
BREAKFAST: Biscuits & Gravy, Potatoes, Scrambled Eggs
LUNCH: Sub Sandwiches, Potato Chips
DINNER: Chicken & Cheese Enchiladas, Mexican Rice, Corn

WEDNESDAY
BREAKFAST: Waffles, Sausage Links, Scrambled Eggs
LUNCH: Chicken Tenders, Waffle Fries, Roasted Broccoli
DINNER: Beef Stir Fry with Veggies, Egg Rolls, Rice

THURSDAY
BREAKFAST: Croissant Breakfast Sandwiches, Hash Browns
LUNCH: Cheese or Pepperoni Pizza, Salad Mix
DINNER: Baked Ziti, Chicken Breast, Green Beans, Roll

FRIDAY
BREAKFAST: French Toast, Sausage, Granola, Yogurt
LUNCH: Cheeseburgers, French Fries

MENU ITEMS ARE SUBJECT TO CHANGE BASED ON SUPPLIER INVENTORY. ALTERNATIVES ARE AVAILABLE TO MEET ANY DIETARY NEEDS.

IN ADDITON TO WHAT IS SEEN ON THE MENU, EVERY MEAL AT CAMP IS SERVED WITH A FRESH FRUIT BASKET AND MILK. DINNER HAS A FRESH VEGETABLE BASKET IF VEGGIES ARE NOT LISTED ON THE MENU. THROUGHOUT THE DAY, WATER AND JUICE OR GATORADE IS AVAILABLE.



