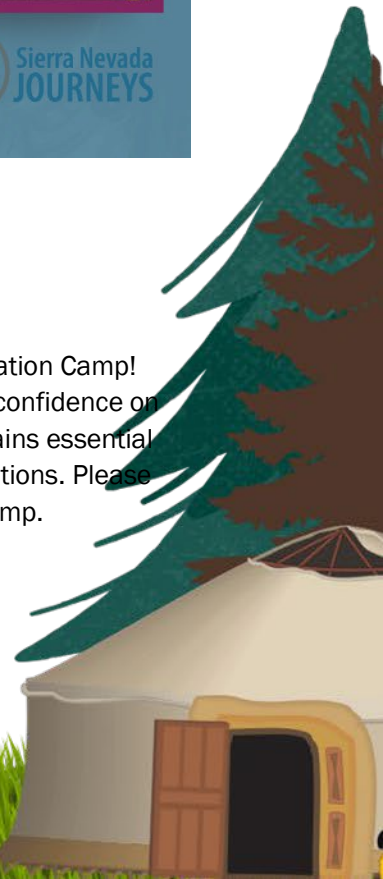




Leaders-in-Training

Welcome to the Leader-in-Training (LIT) program at Sierra Nevada Journeys Outdoor Education Camp! During your stay, you can engage in meaningful conversations with your peers, build your confidence on our challenge course, and enjoy the great outdoors with your friends. This handbook contains essential information about the program, including a schedule overview, a packing list, and expectations. Please refer to the [Summer Camp Handbook](#) for more general information about our Summer Camp.



OVERVIEW OF THE WEEK

Challenge Course

LITs can participate and work together as a team through various elements of the Challenge Course. Trained instructors will guide campers to extract meaning from these activities, providing opportunities for campers to lead meaningful discussions.

Open Space Planning

Teenagers will participate in an open space planning session at the start of the week. This will allow them to share their ideas and make group decisions on how they want to spend some of their afternoons and evenings. They can relax or participate in some of our traditional camp activities. This session provides much room for relaxation during the week.

Outdoor Leadership Skills

LIT offers outdoor skills training beyond traditional camp activities, including shelter building, map reading, and naturalist identification.

Campout

During one of the evenings at camp, the LITs will embark on a hike to a beautiful location on the campus, where they will sleep under the beautiful starry sky. Sleeping pads will be provided to all campers, but if an LIT already has a preferred sleeping pad, they are welcome to bring it along.

Sunday

GROUP BONDING
OPEN SPACE PLANNING
CAMPFIRE

Monday

CHALLENGE HIKE
OUTDOOR LEADERSHIP SKILLS
GROUP CHOSEN ACTIVITIES

Tuesday

CHALLENGE COURSE
OUTDOOR LEADERSHIP SKILLS
GROUP CHOSEN ACTIVITIES

Wednesday

CHALLENGE COURSE
CAMPUS OBSERVATIONS
CAMPOUT

Thursday

CHALLENGE COURSE
LEADERSHIP AND REFLECTION ACTIVITIES
RITES OF PASSAGE

Friday

LAST DAY OF CAMP



EXPECTATIONS

Behavior

LITs will follow the exact behavior expectations as every other camper in the Summer Camp Family Handbook.

Dress Code

LITs will be following a similar dress code required by our staff. We will practice having a professional appearance outdoors.

Some things to keep in mind include:

- Shorts should be finger-tip length or longer.
- Shirts should cover the LIT stomach.
- When LITs are at the pool with younger campers acting as role models, we ask that female-identifying LITs wear a one-piece bathing suit.

Electronic Free Environment

LITs will have the opportunity to unplug and disconnect from electronics while at camp. Please leave all electronics (cell phones, tablets, e-readers, etc.) at home. LITs are encouraged to bring non-cell phone cameras to capture their experience. Please refer to the Summer Camp Handbook.

Accommodations

Teens are typically looking for a more mature experience at camp; therefore, there are some specific guidelines and privileges that teens are afforded.

These include:

- Tea and coffee are allowed if they are not abused or consistently wasted.
- Quiet time is 10 pm – The teens must return to their cabin area at this time.
- Lights Out is 11 pm – This is when teens need to be in cabins.



PACKING LIST

When packing for camp, avoid revealing clothing or inappropriate references. Check the 'Prohibited Items' section of the [Summer Camp Handbook](#) for items that should not be brought to camp.

<p><u>Clothing</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 jacket <input type="checkbox"/> 1 or 2 swimsuits <input type="checkbox"/> 1 pair of pants <input type="checkbox"/> 2 pairs of sweatpants <input type="checkbox"/> 2 sets of pajamas <input type="checkbox"/> 2 sweatshirts <input type="checkbox"/> 4 pairs of shorts <input type="checkbox"/> 5 pairs of socks <input type="checkbox"/> 5 T-Shirts <input type="checkbox"/> Hat <input type="checkbox"/> Underwear for the week <p><u>Hiking</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 pair of close-toed shoes or light boots <input type="checkbox"/> 1 pair of socks (preferably wool) <input type="checkbox"/> 1 reusable water bottle <input type="checkbox"/> 1 backpack for hiking (big enough for a sweatshirt, lunch, and water bottle) <p><u>Extras</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Additional pairs of close-toed shoes in case your other pair gets wet. <input type="checkbox"/> Flashlight/headlamp <input type="checkbox"/> Pencil/pen <input type="checkbox"/> Stamped Envelopes <input type="checkbox"/> Sunglasses <input type="checkbox"/> Watch (Smart Watch are OK) 	<p><u>Hygiene Items</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 or 2 towels (for showers and swimming) <input type="checkbox"/> Comb or brush <input type="checkbox"/> Contacts/glasses (if applicable) <input type="checkbox"/> Deodorant <input type="checkbox"/> Hair ties (if you have long hair) <input type="checkbox"/> Lip balm <input type="checkbox"/> Shampoo/conditioner <input type="checkbox"/> Soap with container <input type="checkbox"/> Sunscreen/Bug Spray <input type="checkbox"/> Toothbrush & toothpaste <p><u>Sleeping Gear</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Foam or blow-up sleeping pad <input type="checkbox"/> Pillow & pillowcase <input type="checkbox"/> Sleeping bag or blanket <p><u>Optional</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Bag for dirty laundry <input type="checkbox"/> Binoculars <input type="checkbox"/> Books <input type="checkbox"/> Camera <input type="checkbox"/> Dress-up clothes <ul style="list-style-type: none"> ○ For camp dances and skits <input type="checkbox"/> Shower flip-flops <input type="checkbox"/> Small games and or cards <input type="checkbox"/> Twin-fitted sheet
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