



E. Paul Robsham, Jr.  
Scout Reservation  
Camp Resolute

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## 2012 CIT Manual

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A Knox Trail Council Camp

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Boy Scouts of America

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# Leadership

Leadership is an art that an individual or group of individuals may foster and develop to achieve their aims or the aims of the body they are affiliated with. One must always work at being a better leader, for no one is a “born leader.” Even those who have a natural confidence and charisma must learn through practice and experience how to lead successfully. One can never be a complete leader, but we must all strive to BE ALL THAT WE CAN BE!

## Thoughts for contemplation

### Leadership

“A sense of humor is part of the art of leadership, of getting along with people, of getting things done.”  
- Dwight D. Eisenhower

### Argument

“In a heated argument we are apt to lose sight of the truth.” - Publilius Syrus

### Buck Passing

“One must never excuse oneself by pointing to the soldiers.” - Blaise Montluc

### Competition

“Don’t fight a battle if you don’t gain anything by winning.” - Gen. George S. Patton, Jr.

### Confidence

“You have to have confidence in your ability, and then be tough enough to follow through.”  
- Rosalynn Carter

### New Ideas

“The best way to have a good idea is to have a lot of ideas.” - Dr. Linus Pauling

### Involvement

“Tell me and I’ll forget; show me and I may remember; involve me and I’ll understand.”  
- Chinese Proverb

### Goals

“If you don’t know where you are going, you will probably wind up somewhere else.”  
- Dr. Lawrence J. Peter



# The Scout Law & You

Each staff member has specific duties and responsibilities, but all staff personnel share in the duties of others whenever and wherever necessary.

The principles set forth in the Scout Oath and Law are the principles that guide every endeavor and action in camp. Camp staff become the prime motivators in exemplifying this way of life to each Scout in camp.

Many persons have set aside a moment each day to review silently their contributions to their fellow men and women. This practice may well be a part of every staff member's day.

**A SCOUT IS TRUSTWORTHY.** Through your life as a CIT you will find that trust and success go hand in hand. The camp has specific requirements outlined for its personnel. Your Camp Director will entrust to you duties and responsibilities related to your assignment. Your very attitude in taking on an assignment is directly reflected on the Scouts with whom you deal.

**A SCOUT IS LOYAL.** Loyalty to the camp and to your associates is essential to the requisites for each staff member. You should constantly be observant and concerned about matters affecting the total harmony of the camp and bring such matters to the attention of the Camp Director.

**A SCOUT IS HELPFUL.** It begins with an attitude of helpfulness to the newly arrived Scout and his family. Apart from the services rendered, that first impression of helpfulness means so much.

A lone Scout's problem, if observed by you, becomes your problem until you have brought it to the attention of his Scoutmaster or the Camp Director. Every assistance you may give is one more guarantee that the Scout will have a happy stay in camp.

**A SCOUT IS FRIENDLY.** As you pass a Scout or leader on the trail, even if you've never met, say "Hi!" A friendly word costs nothing, yet gives so much good will. Be a friend to all, not just a clique of buddies. Be a brother to all.

**A SCOUT IS COURTEOUS.** You represent the Boy Scouts of America as you deal with boys, leaders, parents, or the public. In your visits to nearby towns, you represent the camp, and this implies a certain code of personal conduct that will reflect credit upon you, the camp, the council, and the BSA.

A chief factor in the personal health and welfare of the staff member is in establishing regular and adequate hours for sleep. Staff should maintain an appropriate sleep schedule. Be courteous to the staff member who needs to go to bed even earlier than you.

**A SCOUT IS KIND.** Kindness is often interpreted in its relationship to animal life. Show boys how to be thoughtful to the animals in your camp. Kindness and consideration for others, however, is of even greater importance.

**A SCOUT IS OBEDIENT.** A staff member carries out his/her responsibilities to perfection and responds to direction of supervisors and the Camp Director. This does not call for unquestioning obedience, but it does call for personal trustworthiness and a loyalty to the camp and its director. If you have something on your mind, get it off quickly to the right person -- your supervisor or the Camp Director.

**A SCOUT IS CHEERFUL.** A happy camp and a spirited camp is a successful camp. Happiness is contagious, particularly in a Scout camp. No one is in a better position to promote and stimulate this attitude than you. Each staff member, regardless of position, should take it upon him/herself to motivate and give an outlook of cheerfulness and happiness in the minds of all.

**A SCOUT IS THRIFTY.** Each staff member should consider his/her responsibilities in protecting and conserving the equipment, physical property, and resources of the camp. You are in a position to save thousands of dollars that might have to be used to replace or repair damaged property.

**A SCOUT IS BRAVE.** This summer you represent the largest organization for boys in the world, and you are an employee of one of the finest camps in the world. You represent Scouting in all aspects. You believe in the Scout Oath and Law; otherwise, you wouldn't, or shouldn't, be here.

**A SCOUT IS CLEAN.** Your personal living quarters are to be an example of cleanliness and orderliness. It is obvious that if your quarters are disorderly or dirty, campers can hardly be expected to do better. Get a haircut when needed, and keep your hair clean, neat and combed.

**A SCOUT IS REVERENT.** Being faithful in his/her religious duties becomes of great importance to us as camp staff members because of the force our example has in molding the attitudes of those who look to us as the inspiration for right attitudes and high ideals.



## **CIT Position Description**

CIT's are campers first and staff helpers second. As a CIT you are attending camp to learn about how camp operates from a staff point of view. This does not entitle you to staff privileges such as the staff lounge; however, you will be working closely with staff members to co-teach and earn merit badges and will encounter some of the "behind the scenes" preparation and discussion involved with planning and executing a successful program.

## **Overview of the CIT program**

This CIT program is designed to aid campers in learning how to become more effective leaders and teachers. Through detailed training modules CIT's will learn how to improve public speaking skills, teach classes of varying skill and size, amongst other invaluable lessons. Outside of classroom time, members of the CIT program will have the opportunity to gain practical experience by working with staff members on teaching skills and parts of various merit badges. CIT's will have the chance to work and assist in different areas around the camp. In addition to learning how to teach merit badges CIT's will have the opportunity to earn merit badges during their 3 weeks stay at camp.



## **CIT Code of Conduct**

1. I will be guided by the Scout Oath and Scout Law and will obey all U.S. federal laws, as well as local and state laws.
2. I will set a good example by keeping myself neatly dressed and presentable.
3. I will attend all scheduled programs and participate as required in cooperation with other CITs and my director.
4. I agree to follow the camp check-in and check-out procedures and to observe camp quiet hours.
5. I will be responsible for keeping my quarters and personal gear labeled, clean, and neat. I will adhere to all camp recycling policies and regulations. I will do my share to prevent littering of the campgrounds and agree to follow the principles of Leave No Trace.
6. I understand that the possession or consumption of alcoholic beverages or illegal drugs or misuse of prescribed drugs is prohibited at camp. Suspicion of alcohol consumption on camp property will be grounds for immediate expulsion.
7. Serious and/or repetitive behavior violations including use of tobacco, cheating, stealing, dishonesty, swearing, fighting, and cursing may result in termination or disciplinary action.
8. I understand that gambling of any form is prohibited.
9. I understand that possession of lasers of any type and possession or detonation of fireworks is prohibited.
10. Neither Camp Resolute nor the Knox Trail Council will be responsible for loss, breakage, or theft of my personal items. I will label all my personal items and check items of value at the direction of staff leaders. Theft on my part will be grounds for termination and expulsion from camp.
11. I will use camp equipment in a safe manner and for its intended purpose and will return the equipment in good condition.
12. I understand that CITs are prohibited from having firearms and weapons in their possession or on camp property, in accordance with U.S., local, and state laws.
13. I understand the importance of following BSA's Youth Protection and safety policies and will follow those guidelines and report all violations that come to my attention.
14. Hazing has no place in Scout camp, nor does running the gauntlet, belt lines, or similar physical punishment. As a CIT, I agree to prevent and stop all hazing activities.
15. I will respect diversity---whether the differences be in physical characteristics or in perspectives.
16. I have the responsibility not to engage in behavior that constitutes discrimination or harassment in any way, including race, color, national origin, sex, religion, age, disability, or citizenship of an individual. This applies to everyone, including fellow staff members, campers, adult leaders, parents, and outside vendors.
17. I have the responsibility to report instances of discrimination or harassment (directed at me or at others) to the camp director or the Scout Executive.



18. I will comply with this Code of Conduct and the policies printed in the *CIT Manual*. Any violation may result in expulsion from the camp at my own expense. I understand that all such decisions will be final.



## **Camp Emergency Procedures**

### ***FIRE***

Send two runners immediately to the respective camp office with the following information:

1. The location of the fire;
2. The type of fire;
3. The severity of the fire;
4. And, what type of personal injury has occurred if any.

When fire call is sounded on the loudspeaker system, all Scouts, leaders, and visitors should report immediately to the Parade Field and line up as you would for colors and await instructions from a staff member. STAY OFF THE CAMP ROADS FOR EMERGENCY VEHICLES. STAY ON THE PARADE FIELD.

### ***LOST SWIMMER***

The waterfront will be cleared immediately. Some adults may be requested to assist. At the sound of the Lost Bather Alarm, all Scouts, and leaders will report to their den site or campsite where attendance will be taken by the leader. The unit leader will notify the appropriate camp office immediately, by runner or cell phone, of any missing personnel. The camp office will continue the Lost Bather Alarm until such time as the missing swimmer is located.

### ***LOST CAMPER***

The leader will report any suspected lost camper to the camp office. The camp staff will then institute the appropriate search procedures.

### ***EXTREME HEAT***

In the case of extreme heat, the camp administration will declare a heat alert and program activities will be adjusted accordingly. Leaders and Scouts are reminded to watch for symptoms of heat exhaustion and sunstroke. Watch especially for Scouts wearing inappropriate clothing and/or not taking adequate amounts of fluid.

### ***LIGHTNING OR SEVERE STORMS***

The waterfront will be cleared immediately. All watercraft will return to shore. Scouts will report to their campsites unless otherwise instructed by a staff member. Avoid open fields. Any other needed instructions will be issued by the camp office.

### ***NATURAL DISASTER (EARTHQUAKE, FLOOD, ETC)***

In the event of a natural disaster all Scouts and adults should remain in the activity area they are in or go to the nearest campsite and await instructions from a staff member. If this is the area that is affected then all personnel should move to the nearest safe area and await instructions.

### ***WILDLIFE***



Campers, staff and visitors are cautioned to avoid contact with wildlife on the reservation at all times. Any injury caused by contact with wildlife must be reported to the Health Officer as soon as possible. The Health Officer will notify the Camp Office and the necessary local authorities as required.

### ***MAJOR ACCIDENTS & DEATH***

In the event of a major accident or death, the following staff personnel are to be notified by reporting the accident to the camp office by runner or cell phone: the Reservation Director, the Assistant Reservation Director, the Assistant Reservation Director - Program, and the Health Officer.

### ***CHILD ABUSE***

The local authorities must be notified by the reporter as soon as possible first. The Reservation Director must be notified of any incidence of child abuse second. The report must include as much supporting information as possible. The report is to be kept confidential. Tell only those who have a need to know. Above all, protect the dignity and privacy of the victim.

### ***CHEMICAL SPILL***

In the event of a chemical or hazardous waste spill, a person should be stationed to keep all campers or visitors away from the spill and the camp office must be notified by runners or field phone.



# Campers' Bill of Rights

Dear Camper:

We want to make sure that your stay at camp is a pleasant one, and that you will carry home lots of great memories of your time at Resolute. The resident staff will help you in every way they can to make this a great experience. But we need your help, too. Therefore, we have written up a few rules which you should follow while in camp.

1. The Scout Law is the law of the Camp. We mean it!
2. Wherever you go or whatever you do, go with a buddy...never go by yourself.
3. Leaders and staff are permitted to inspect your tent for cleanliness, but otherwise, your tent is yours and your friend's, and no other boy or adult has the right to stay with you in your tent. You should sleep only in your tent or in the Camp Health Lodge if you are sick.
4. Obey the instructions given by adult leaders and staff at all times, providing they are not in conflict with your own values and beliefs.
5. Be polite and courteous to other Scouts, leaders, and staff at all times. Say "Hi" when passing them on the trail.
6. Respect your body. Only Camp Medical Personnel are allowed to touch you when an illness or medical problem requires treatment.
7. When caught breaking a rule, you have the right to a fair hearing. But once your leaders have heard you, you are to accept disciplinary action without argument.
8. When participating in certain activities, always wear protective or safety equipment prescribed for that activity.
9. If you feel abused or misused by an adult, report this immediately. At the Administration Building, ask for "Rick."
10. Some other rules will be explained during your Sunday camp orientation and will be posted in your site.
11. The Scout Law is the law of the Camp. We mean it!

## ***Camper Security Policy***

The security and safety of the youth in our charge is an extremely heavy responsibility. We must ensure that they are protected from unauthorized and unwarranted exposures, at the same time providing the freedom that is so essential to their maturing process. With this as our goal the following procedures apply:

1. At no time will youth be allowed alone beyond reasonable jurisdiction of staff members. When going from one area to another they shall travel in groups of no less than two.
2. Campers will be briefed to report all sightings of strangers to a staff member who will immediately report that information to a member of the leadership team.
3. All activities beyond parameters of the main camp will be furnished with means of communication to the Administration Building.
4. Campers will be released only to those individual(s) listed on the registration form or the Scoutmaster who will assure responsibility for same.



## The CIT Program

### *Being a CIT*

You have decided to work at camp as a CIT, but you don't know what one is. Well, to put it simply, you are an Assistant Counselor. Your job in camp is to learn how to be a counselor so you can return to camp when you are 16 yrs old and become a paid member of the camp staff. During this summer, you will go through many different types of training. From hands on work in the Ecology area to personal conferences with the Assistant Reservation Director - Program, it will all help you to learn what being on staff is really like.

There are many objectives in the CIT program, and when camp is over, we hope you will have learned many important things. We hope to teach you:

- how to become a leader
- the operating procedures of the camp
- the role each staff member plays in camp
- how the camp is run by the Scout Oath and Law
- how each staff member is responsible for the success of the camp season
- how the program at Resolute works
- Teamwork
- increased awareness of your own values
- how your values relate to camp

We can teach you how to be the best staff member possible, but we can't make you learn. It's up to you to make this a great experience. Set goals for yourself and don't stop until you achieve them. Make this summer count. Be ready for a summer of helping others and yourself. All you need is an open mind and your best effort.

The program of the CIT's is broken down in the following ways:

- Camp Resolute identifying that CIT's are still Boy Scouts and keeping the 3 aims of Scouting in mind promote the advancement of Scouts. Thus every CIT is given the chance to attend one merit badge per week.
- In identifying that CIT's need observation in order to gain experience in teaching; they are each given a period in order to observe and serve as teacher's assistant.
- Lastly, in identifying that the Scouts in this program are Counselors-In-Training, Camp Resolute provides a Director to instruct the CIT's in their own training. This serves to better prepare the Scout as a potential staff member as well as advance their leadership skills and ability.



**CIT Evaluation Rubric**

<b>Score</b>	<b>Uniform</b>	<b>Appearance</b>	<b>Attitude</b>	<b>Performance</b>
<b>1</b>	Shoes not worn. Uniform mostly unworn. Clothes not clean.	Showers not taken. Hair not orderly. Teeth not brushed.	CIT does not participate. Is not cheerful. Often complains about work.	CIT does not show up. Does not wish to participate. Lacks preparation and attentiveness.
<b>2</b>	Uniform worn infrequently. Occasionally wrong footwear	Showers occasionally taken. Hair occasionally brushed. Teeth occasionally brushed.	CIT participates infrequently. Is infrequently cheerful. Frequently complains	CIT regularly late. Regularly doesn't participate or pay attention.
<b>3</b>	Uniform worn. Shoes worn.	Showers regularly. Teeth cleaned regularly. Hair cleaned regularly.	CIT mostly participates. Is mostly cheerful. Does not complain.	CIT occasionally late. Mostly participates but lacks preparation and attentiveness.
<b>4</b>	Uniform worn. Shoes appropriate. Clothes are clean and orderly.	Showers taken daily. Teeth clean. Hair orderly.	CIT always participates. Is often cheerful. Does not complain.	CIT always present and on time. Participates but does not pay full attention.
<b>5</b>	Shirt is tucked in and clean. Scout shorts or pants are worn daily, as well as class A. Appropriate footwear is worn at all times with scout socks.	Teeth are brushed and hair is orderly. Showers are taken regularly.	CIT is cheerful and always participating. Always positive and willing to serve others.	CIT shows up to class periods on time and ready to begin. Attention is paid and participation is willingly given.

## Teaching a Skill

"Two conditions of teaching are: (1) That no one can teach more than he knows; (2) That no one can teach faster than the scholar can learn."

-Ralph Waldo Emerson

There are five basic steps in teaching a Scouting skill:

1. **Preparation** - The first step in teaching a skill is to obtain the essential equipment and supplies in sufficient quantity so that the skill can be demonstrated, taught and practiced. For demonstration and teaching purposes, simulated or makeshift equipment is never adequate.
2. **Explanation** - The explanation serves two purposes: (1) to introduce the subject and give some background about its usefulness and application; (2) to describe the subject in detail, technical enough to be complete but not confusing.

The explanation should create a desire to become proficient in the skill. Unusual facts or illustrations arouse interest and create appreciation of the value of learning the skill.

3. **Demonstration** - This is the showing process. It is the first step in actual teaching. The demonstration should be done so well and simply that the student will have confidence in his own ability to achieve success. Demonstration of a skill is not the opportunity for the teacher to show her/his proficiency, but should be used primarily to show the steps in acquiring the skill.
4. **Practice** - Hearing and seeing are not enough. The learning process begins to finalize itself when students have the opportunity to try to do the skill themselves under the guidance of the instructor. The coach and pupil method works well here. Nothing can beat the "learning by doing" method.
5. **Teaching** - We often learn best those things we teach others. Whenever possible, each student should have the opportunity to demonstrate and practice teaching others. Occasionally, a summary review and examination is desirable. The extent to which they are used depends on the type of skill and how well the student has learned.

## Scouting's EDGE

Explain how it is done.

Demonstrate the steps.

Guide learners as they practice.

Enable them to succeed on their own.

	Aims...	
<b>Boy Scout</b>		<b>Cub Scout</b>
Character development		To develop a boy's character
Citizenship training		Train him in good citizenship
Mental and physical fitness		And encourage him to become more fit—physically, mentally, and morally

	...and Methods...	
Ideals		Ideals
Patrol method		Den
Outdoors		Advancement
Advancement		Family involvement
Association with adults		Activities
Personal growth		Home- and neighborhood-centered
Leadership development		Uniform
Uniform		Making Character Connections

...of Scouting

## Giving a Demonstration

There is a difference between just using a skill and demonstrating it so others can learn. A few suggestions:

1. Prepare for the demonstration
  - a. Plan it to appear as natural as possible, even if you cannot perform the skill exactly as you would in use.
  - b. Collect and prepare the needed equipment.
  - c. Size up your audience to determine their present knowledge of the skill and how much detail you ought to give them.
  - d. Think through and possibly make notes on the comments needed to explain the action.
  - e. For a long demonstration, write down an outline of the steps.
  
2. Give the demonstration

- a. Briefly tell your audience the major points to watch for.
- b. Adjust your speed to the difficulty in learning various steps, and go slower at the start of the demonstration than at the end.
- c. Watch for the learners' reaction and fit the amount of detail and pace of action to them.
- d. If necessary, repeat difficult or important steps, either as you go along or after all steps are completed.
- e. If you warn against the wrong way by showing it, always demonstrate the right way both before and after the wrong way.

### 3. Summarize the demonstration

- a. Briefly review the important steps in order.
- b. Give your audience a chance to ask questions - or better - a chance to practice while you coach.

## Song Leading

Singing Scout songs is fun and learning to sing and lead them is an important part of your staff assignment.

Songs are a "natural" for troop activities, hikes, on the trail, campfires, and most every Scout occasion.

Songs will create enthusiasm and set a mood for your activity as nothing else can. Every staff member will have the opportunity to be a song leader. Following are some "hints" to help you do a better job when you have the opportunity to lead a group in singing.

1. **Relax** - You don't have to be a professional singer or the director of a symphony to lead songs.
2. **Use simple directions** - Simple up and down motions with one or both hands to fit the beat of the song. With practice, you can develop a style of your own.
3. **Keep it simple** - For the first song you lead, choose one that is simple and well known by the group. Try an old favorite as a warmer-upper.
4. **Select in advance** - Select your own songs in advance. Make sure you know them well enough to teach them with ease. Keep in control at all times.
5. **Set the pitch** - by humming or singing a few bars.

6. **Get the proper key** - and the whole group will sing easily. If you are too high or too low, stop the song. Get the correct pitch and start over.
7. **Don't shout** - Loud singing in good spirit is fine, but a group shouting a song to make noise will soon get out of hand.
8. **Never ask them what they want to sing** - You will receive too many suggestions and soon become confused.
9. **Be enthusiastic** - Wear a smile as you lead your songs. The way you are feeling will soon catch on with the group you are leading.
10. **Follow the mood** - especially at campfires. Begin with lively songs while the flames leap high. As the fire dies down, sing quiet songs. Close campfires, dining hall programs, songfests with a patriotic or inspirational flavor.

## ***Uniform***

It is expected that every resident staff member have and maintain two complete staff uniforms and day camp staff members one complete staff uniform

### **Field (Class A) Uniform**

*To be worn by resident staff at all evening flag ceremonies and at the evening meal, and day camp staff at Friday flag and campfire..*

1. The official Boy Scout shorts or pants, belt, and Scout socks.
2. Shoes, boots, or hard-soled moccasins. If you cannot obtain a pair of these, sneakers are fine.
3. The official Boy Scout short sleeve shirt.

### **Activity (Class B) Uniform**

*To be worn at all times when outside of the staff area when not in Class A uniform.*

The official Boy Scout shorts or pants, belt, and Scout socks.

Shoes, boots, or hard-soled moccasins. If you cannot obtain a pair of these, sneakers are fine.

The 2012 Camp Resolute staff t-shirt (only). Each CIT will receive 2 t-shirts.

## DAILY SCHEDULE - Resident

**MEAL TIMES:** Breakfast: **7-8am** Lunch: **12:15pm** Dinner: **5:30pm**

### SUNDAY

10:30 AM	Staff Meeting in Dining Hall
12:00 PM	Lunch (ALL staff in camp, dressed in class B Team Resolute shirt)
1:00 PM	All Troops sign-in
1:30-5:00PM	Intro on Dining Hall. Take swim tests and health check.
5:30 PM	Formal Parade and Retreat ( <b>for ALL staff</b> )
6:00 PM	Dinner
7:40 PM	All Camp Meeting on Parade Field followed by Waterfront Orientation
8:15 PM	Opening Campfire
10:00 PM	Taps
11:00 PM	Staff Lights Out

### MONDAY - FRIDAY

6:30 AM	Polar Bear Swim
7:00 AM	Reveille
8:25 AM	Resolute Good Turn
9:00 AM	Program Areas Open
10:00 AM	Leaders Meeting
11:50 AM	Program Areas Close
1:00 PM	Siesta
2:00 PM	Program Areas Open
3:50 PM	Program Areas Close
4:00 PM	Open Program
4:45 PM	Troop Time
5:15 PM	Formal Parade and Retreat
10:00 PM	Taps
11:00 PM	Staff Lights Out

In addition.....

Monday	
6:45PM	Resolute Challenge and Sports Night

Tuesday

6:45PM Vespers (a scout is reverent)  
7:15PM Troop and Staff Night

Wednesday

6:45PM Aquatics Meet

Thursday

6:45PM Apache Relay

Friday

2:30PM Leaders Meeting & paperwork processing  
Woodsman's Meet

4:00PM Troop Awards in Campsites

6:30PM Family BBQ (all staff)

7:15PM Formal Parade and Retreat (all staff)

7:40PM Closing Campfire

Saturday

7:40AM Morning Colors (all staff)

7:50AM Breakfast

10:30AM Staff departs

## Daily Schedule – Day Camp

Schedule	Sample	
8:30-9:15AM	Registration	Monday
9:00-9:20AM	Flag Ceremony	
9:30-10:10AM	Activity Period 1	
10:20-11:00AM	Activity Period 2	
11:10-11:50AM	Activity Period 3	
12:00PM-1:00PM	Lunch	
1:10-1:50PM	Activity Period 3	
2:00-2:40PM	Activity Period 4	
2:50-3:30PM	Activity Period 5	
3:45PM	Flag Ceremony	
4:00PM	Parents Arrive	Friday
4:15PM	Flag Ceremony	Friday
4:30PM	BBQ	Friday
5:15PM	Camp Fire	Friday



## Suggested Clothing and Equipment Checklist

No.	Check	Item		
1	___	Signed Physical Exam Form!		
1	___	Footlocker (with lock)		
1	___	Heavy jacket		
1	___	Light jacket		
1	___	Scout related baseball hat		
1 pr.	___	Hiking Boots		
1 pr.	___	Shoes/hard soled moccasins		
1 pr.	___	Sneakers		
7 pr.	___	Cotton socks		
4 pr.	___	Wool socks		
8 pr.	___	Underwear		
7	___	T-shirts		
1	___	Poncho or raincoat		
1	___	Sweatshirt		
1	___	Sweater		
2	___	Swimsuits		
4	___	Towels		
4	___	Washcloths		
1	___	Toothpaste		
1	___	Toothbrush		
4 bars	___	Soap		
1	___	Shampoo		
1	___	Comb/Brush		
1	___	Fingernail clipper		
	___	Shaving equipment		
1	___	Wristwatch		
1 pr.	___	Sunglasses		
1	___	Knapsack		
2 pr.	___	Scout shorts		
2	___	Scout shirts		
3 pr.	___	Scout socks		
4 pr.	___	Shorts	1	___ Flashlight
4	___	Shirts		___ Paper & Pens
4 pr.	___	Pants	1	___ Handbook
1	___	Laundry bag	1	___ Sewing Kit
5	___	Clothes hangers	1	___ Pocket knife
1	___	Alarm clock	1	___ Insect Repellent (non-aerosol)
1	___	Sleeping bag		
2	___	Twin size sheets		
2	___	Pillow cases		
1	___	Pillow		
2	___	Blankets		

## Campfire Skit List

Here's a list of some of the songs, skits, and cheers we've done over the past few years in no particular order for reference.

Banana Cheer	Hygiene
Froggy	My Name is Joe
Banana - Bandana	Props
Charlie on the MTA	An Austrian Went Yodeling
Potato Cheer	Chariots of Fire
Honey Bee	Silver Fox
Kool Kat	Axe in the Wood
Sherlock Holmes	I'm a Nut
QM Store	Candy Store
Invisible Bench	Cremation of Sam McGee
Cat Came Back	Ditch
Bunny Foo-Foo	The Unlucky Man
America America	Head and Shoulders
Chicago Fire	Tankity Tank
Hans	Shoe Swami
Rattlin' Bog	Medicrin
A Suitor Comes to Call	Orchestra Song
It's a Lie	Sherlock Holmes
No Fishing There	Tree Climber
Mermaid Song	Railroad Tracks
Bell Ringer	Pajama Song
2nd Story Windows	Rain Cheer
Crossing the Delaware	Boom Chicka Boom
Darksucker	Mt. Dew
God Bless America	No Fish
Chip Chop	Enlarging Machine
Lab Test\Cat Scan	Baking a Cake
Stew Skit	Rough Riders
Prinderella and the Cince	Greek Water
Japutch	Walrus Song
If I Were Not a Boy Scout	Our Paddles
Hawaiian Punch	Da Moose
CPR Skit	Cat Came Back
Chicken	Topnotcher
Crossing the Delaware	Tomato Skit
Penguin Song	



## Camp Resolute CIT Manual and Understanding

This is to acknowledge that I have received and read a copy of the Camp Resolute Counselor-In-Training Manual and understand the policies and procedures discussed within it.

By signing this acknowledgement, I agree to abide by the policies, procedures and standards set forth in the manual.

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CIT Name (Print)

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CIT Signature

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Date

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Parent Name (Print)

---

Parent Signature

---

Date



**Knox Trail Council**  
Boy Scouts of America  
490 Union Avenue  
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