

Things To Bring to Camp:

Facilities: We're not in tents, but we are not in a hotel either. Campers stay in bunk beds in an enclosed cabin style cottage/lodge with bath and shower in adjacent buildings.

1. Sleeping bag and/or sheets/bedding and blankets for a twin sized bed
2. Pillow and pillowcase.
3. A working flashlight with spare batteries.
4. Refillable water bottle or a couple of cleaned used plastic water bottles. Labeled with camper name.
5. Something to store wet clothing in, separate from what they are storing their dry/clean clothing in (Rubbermaid storage, a garbage bag, or some large ziploc style bags for wet clothes).
6. Something to place dirty clothing in that is separate from clean clothes (again garbage bag is fine, or a laundry bag)
7. If contacts or glasses are worn, consider bringing extra sets or spare pairs.
8. Clothing – Bring several changes of old clothing, enough for the full week session: (Sun-Fri 6 days + extra).
 - typical shorts/short sleeve shirts
 - jeans and/or sweat/long pants for cooler evenings.
 - a light jacket or sweatshirt/hoodie
 - tennis shoes (at least 2 pair) or hiking boots. These two pairs must have closed toes
 - rain jacket
 - socks and underwear (when you think you have enough add 3 more pairs)
 - swim suit(s) – one pieces required for females please.
 - laundry bag
 - sleepwear
 - Shoes to go to the pool or shower (these are optional, but they can be open toed such as sandals/flipflops)
 - Dance: We have 1 or 2 dances, so sometimes older campers like to pack special for those
 - Attire for the 4th of July (red, white, blue patriotic clothing).
 - Attire for "messy games" that very likely will be permanently ruined. Please pack these in something easily identified (Ziploc labeled "messy games" so counselors can help the younger campers pick the correct clothes for messy games day.
9. Towels for bathing and for the pool and washcloths
10. Necessary toiletry items in shower caddy/sack and insect repellent.
11. Items if participating in the talent show (back-up music on CD, instruments, etc.)
12. A book or journal or quiet non-electronic games/crossword, etc. to play during rest time.
13. Sun Screen
14. Hat, visor, sunglasses, etc.
15. Pre-addressed and stamped envelopes for letters home.

16. Medications and Paperwork

If your camper is presently on any medication, we need you to bring his/her own prescription medications in the original containers with enough supply for the duration of camp.

Diabetes supplies will be provide by camp (syringes, insulin, low treatments, testing, etc.)

Insulin pump users must bring their own reservoirs and infusion sets. We recommend enough supplies for at least four changes due to heat, water, or accidental dislodging.

Please bring any insertion devices, special tape and/or EMLA cream for use by camper and present to nurse at check-in who will let you know if we have those special items on hand.

17. Bring a record of blood glucose tests preformed the week preceding camp.

Odds & Ends

Rainy Weather

It can rain; be sure you have packed extra full changes of clothing. This is also why we ask for more than one pair of shoes and a separate storage item for wet clothes.

CLOTHING/SHOES/ODDS & ENDS Be sure to bring **old and comfortable shoes (two (2) pairs in case of rain)**. These shoes cannot be sandals or have open toes. Also, a pair of cheap waterfront/pool shoes (jellies, flip-flops) is ideal. Two pairs of socks per day is recommended. Only one (1) piece bathing suits are allowed.

CAMPER CLOTHING INVENTORY AND PACKING

We suggest you bring enough clothing for the total stay at camp – six days. **Mark everything with the camper's name**. Send old clothes because this is camp <smile>. Pack your camper's clothing in an old suitcase or duffel bag. Again, we would appreciate having their name on the outside of the container.

Please do not bring expensive items (jewelry), revealing clothing (halters etc.), dress clothing, food, soft drinks, candy, pets, comic books, radios, cell phones, toys, firearms, electronic games, alcohol or tobacco products. This is camp; we'll be sure to provide all the fun they can handle.

There will be an inventory check and unauthorized items will be confiscated and returned to the parents. Parent/Guardian is required to stay until inventory check is completed.

IF YOU BRING MEDICINE TO CAMP

Be sure the bottle is labeled correctly with the camper's name, doctor's name, the prescription number and pharmacy name along with directions on the container regarding how and when the medicine is taken. (Bring enough for camp: refills during camp will be billed to the guardian). No medicine will be given until suppertime on opening day of camp, so please make any adjustments that are necessary. If you give your child medication a few hours ahead of this time, please tell the nurse so it will not be given again at supper.

TIPS/TRICKS from Alumni

Pack each day's outfit together in gallon sized bag (pants, shirt, socks, underwear, etc.) so all you have to do is take out the package and you have everything you need for that day! Pack in a plastic storage bin/large garbage can instead of a suitcase. Bring extra bags (plastic, garbage, grocery) for an easier trip home and packing to leave.