



PACKING LIST

CAMPS | Teen - Kids - Junior - Starry Skies

PLEASE NOTE:

Normal temperatures can vary drastically, with daytime temps in the 90's and nighttime lows in the 40's.

It is best to plan and pack clothing for easy layering.

Cell phone usage is for CGM monitoring and pictures ONLY.

ALL food and snacks are provided; please do not send food items.

CAMPERS SHOULD BRING THE FOLLOWING ITEMS TO CAMP...

CLOTHING ITEMS

- Dirty Clothes Bag
- Long Pants
- Shorts
- T-shirts
- Sweatshirts
- Coat
- Rain Jacket
- 2 pairs STURDY shoes (tennis or walking—NOT flip flops or slides)
- Water shoes (**ONLY closed-toed shoes are allowed** - ie. Keens, water booties, or old tennis shoes - NOT flip flops)
- Socks (1 pair per day minimum)
- Underwear
- Pajamas
- Swimsuit
- Hat
- OPTIONAL: Boots for Horseback Riding

PERSONAL CARE ITEMS

- Deodorant
- Soap
- Shampoo & Conditioner
- Toothbrush & Toothpaste
- Brush or Comb
- Lip Balm
- Washcloth & **2** Towels (shower & swim)
- Bug Repellent (non-aerosol)
- Sunscreen (SPF 15 or higher)
- Feminine hygiene products (as needed)
- Makeup (keep to a minimum)

> HODIA is NOT RESPONSIBLE for lost or stolen items...please label valuable items or leave them home <

OTHER ITEMS

- Sleeping Bag
- Pillow
- Backpack or Day pack
- Water Bottle
- Flashlight with fresh batteries
- Talent Show Items**

TEEN CAMP ONLY:

- Prom / Dress Up Clothes (don't purchase anything, bring items from home)

JUNIOR CAMP ONLY:

- Booster Car Seat (if needed)
- Pajamas for PJ Themed Carnival Night

OPTIONAL ITEMS... PLEASE LABEL ALL VALUABLES

- Camera
- Book (for nighttime reading)
- Letter writing paper/postcards (remember stamps and addresses)
- Picture from home and/or lovey

DIABETES SUPPLIES...PLEASE PACK PLENTY!

- Meter (everyone needs in case of sensor failure)
- Test Strips
- Lancet Device & Lancets
- Insulin
- Pump Supplies (if using one)
 - Pump Site changes (enough for camp length + extra site)
 - Charging Cable / Portable Charger
 - Extra Batteries
- CGM Supplies (if using one)
 - Sensor Site Changes (enough for camp length + extra site)
 - Receiver (even if using cell phone)
- DEXCOM USERS ONLY: Cell phone for remote blood sugar monitoring (only if already using cell phone for monitoring)
- Syringes or Pen Needles
- Alcohol Swabs
- Extra Batteries for Pump or Meter