



## PACKING LIST

### Wilderness Camp

#### PLEASE NOTE:

Normal temperatures can vary drastically - 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

- 1 Pair of STURDY hiking boots (**NOT** brand new, you will want them broken in)
- 1 Pair of water shoes (Tevas, water booties, Keens, old tennis shoes, etc)
- 4 Pairs of hiking socks (long enough to fit under your boots)
- Underwear
- Long Johns
- Warm Pajamas
- Long pants (no more than 2 pairs)
- Shorts (no more than 2 pairs)
- T-shirts (no more than 4)
- Long Sleeve Shirt
- Swimsuit
- Coat
- Rain Jacket
- Hat

### PERSONAL CARE ITEMS

- Bug repellent (non-aerosol)
- Sunscreen
- Brush/comb
- Lip salve
- Toothpaste
- Toothbrush
- Backpacking towel/washcloth

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

## OTHER ITEMS

- Day pack (school backpack)
- Water Bottle
- Sunglasses
- Flashlight with new batteries
- Sleeping bag (no more than 4 lbs)
- Backpacking Pillow
- GPS

## DIABETES SUPPLIES...PLEASE PACK PLENTY!

- Meter (everyone needs in case of sensor failure)
- Test Strips
- Lancet Device & Lancets
- 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)
- Insulin
- Syringes or Pen Needles
- Alcohol Swabs