



## PACKING LIST

### CAMPS | Teen - Kids - Junior - Starry Skies Camp

#### 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

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

### PERSONAL CARE ITEMS

- |  |  |
|--|--|
| <input type="checkbox"/> Deodorant               | <input type="checkbox"/> Washcloth & <b>2</b> Towels (shower & swim) |
| <input type="checkbox"/> Soap                    | <input type="checkbox"/> Bug Repellent                               |
| <input type="checkbox"/> Shampoo & Conditioner   | <input type="checkbox"/> Sunscreen (SPF 15 or higher)                |
| <input type="checkbox"/> Toothbrush & Toothpaste | <input type="checkbox"/> Feminine hygiene products (as needed)       |
| <input type="checkbox"/> Brush or Comb           | <input type="checkbox"/> Makeup (keep to a minimum)                  |
| <input type="checkbox"/> Lip Balm                |  |

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

## OTHER ITEMS

- |   |  |
|---|--|
| <input type="checkbox"/> Sleeping Bag         | <input type="checkbox"/> Water Bottle                    |
| <input type="checkbox"/> Pillow               | <input type="checkbox"/> Flashlight with fresh batteries |
| <input type="checkbox"/> Backpack or Day pack | <input type="checkbox"/> <b>Talent Show Items</b>        |

### 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!

- |  |  |
|--|--|
| <input type="checkbox"/> Meter (everyone needs in case of sensor failure)  | <input type="checkbox"/> Insulin                           |
| <input type="checkbox"/> Test Strips   | <input type="checkbox"/> Syringes or Pen Needles           |
| <input type="checkbox"/> Lancet Device & Lancets   | <input type="checkbox"/> Alcohol Swabs                     |
|  | <input type="checkbox"/> Extra Batteries for Pump or Meter |
| <input type="checkbox"/> Pump Supplies (if using one)  |  |
| <input type="checkbox"/> Pump Site changes (enough for camp length + extra site)   |  |
| <input type="checkbox"/> Charging Cable / Portable Charger   |  |
| <input type="checkbox"/> Extra Batteries   |  |
| <input type="checkbox"/> CGM Supplies (if using one)   |  |
| <input type="checkbox"/> Sensor Site Changes (enough for camp length + extra site)   |  |
| <input type="checkbox"/> Receiver (even if using cell phone)   |  |
| <input type="checkbox"/> <b>DEXCOM USERS ONLY:</b> Cell phone for remote glucose monitoring (please provide or disable the passcode on device for the duration of camp. We will request this information during bus/camp check-in time). |  |