

Packing List

Please label EVERYTHING!

Clothing:

- Long pants or jeans
- Shorts
- Long sleeved shirts
- Short sleeved shirts
- Underwear
- Socks
- Swimsuit
- Warm pajamas
- Poncho or rain gear (just in case!)
- Sandals
- Closed-toed shoes (required for participation in most activities)
- Warm jacket and/or sweatshirt
- Hat with brim for sun
- Warm hat for night

Toiletries:

- Bath towel
- Pool towel
- Toothbrush
- Toothpaste
- Soap
- Shampoo/conditioner
- Comb/hairbrush
- Shower shoes/sandals
- Chapstick
- Skin lotion
- Bug spray (30% or less DEET)
- Sunscreen (SPF 15 or better)

Optional Items:

- Sunglasses
- Hiking boots
- Camera
- Playing cards
- Musical instrument
- Books or magazines
- Paper, envelopes, and stamps to write letters

Equipment:

- 1 warm sleeping bag
- Reusable water bottle
- Pillow with case
- Bottom sheet/mattress cover for twin bed
- Flashlight with extra batteries or headlamp
- Day pack or backpack for short hikes

Diabetes Supplies:

Campers on insulin pumps should bring:

- Infusion sets and reservoirs (one per day)
- Pump batteries
- Set inserter
- Tape/adhesive if needed
- Charger (if applicable)

Campers on insulin pens should bring:

- Insulin pens
- Pen needles

Campers on CGM devices should bring:

- 1-2 sensors
- Tape (if applicable)
- Charger (if applicable)
- Dexcom Receiver: cell phones are not allowed at camp sessions, even when acting as a CGM receiver.

We provide the following diabetes supplies

- Insulin in vials
- Strips
- Meters
- Lancet devices
- Glucagon
- Syringes
- Low supplies (juice, sugar cubes, glucose tabs, crackers)