

Packing for Camp

Weather

Bearskin Meadow Camp is located at 5,800 feet in elevation. The weather varies dramatically from day to night, often ranging from 30°F to 90°F. Each camper must have a warm sleeping bag (sub-zero temperature) *and* a blanket or two average sleeping bags. Each camper must have an adequate supply of warm clothing to layer. If you are in need of extra blankets or sleeping bags, just let us know-we have lots of extras!

Dress Code

Clothing must be appropriate and comfortable for community living, participation in active games, and safety in a forested environment. Final decisions regarding the safety and appropriateness of clothing are made by the Camp Director and campers may be asked to change clothing.

To Consider When Packing for Camp

- Do not buy or bring new clothes to camp. Comfortable clothes are all that is needed.
- If your child wets the bed, please send a second sleeping bag or set of bedding. Staff will discreetly wash out any wet bags each morning. Having a second bag ensures that your camper will have a dry bed come bedtime.
- ***Please clearly label all belongings, including diabetes supplies.*** Please note that due to high mailing expenses, families may be charged for lost or forgotten items that must be sent home via mail. All unclaimed items will be donated to charity one week after the session.
- DYF bears no responsibility for damage to or loss of any items that are brought to camp.

Things That Should NOT Be Brought to Camp

- Expensive jewelry and/or personal sports equipment including skateboards, archery equipment, or baseball equipment.
- Alcohol, drugs, tobacco, fire arms, knives (including pocket knives) or weapons (including bow/arrows).
- Electronics including video games, iPads, laptops.
- **Cell phones (Applicable to Kids, Teen, and Buddy Camps only).**
- Food. Please do not send packages with food items.
- Pets and animals.
- Any modes of transportation including cars, bikes, skateboards, scooters.
- Diabetes supplies that are provided by camp (see Packing List).

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
- Fishing gear
- Musical instrument
- Books or magazines
- Paper, envelopes, and stamps to write letters

Equipment:

- 1 warm sleeping bag + 1 warm blanket
- Reusable water bottle
- Pillow with case
- Bottom sheet/mattress cover for twin bed
- Flashlight with extra batteries
- Day pack or backpack for short hikes
- Tarp or clear plastic painter's drop cloth

**Since we sleep on open-air decks at camp, this tarp is in case of rain. We have many extras at camp that can be borrowed if you don't have one to bring.*

Diabetes Supplies:

Campers on insulin pumps should bring:

- Infusion sets and reservoirs (one per day)
- Pump batteries
- Set inserter
- Tape/adhesive if needed
- Charges (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 where parents are not present, 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)