

Packing for Camp

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 bring a second sleeping bag or set of bedding, as we will not have access to a washing machine during the weekend.
- ***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.

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 participants may be asked to change clothing.

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.
- Food. Please do not bring additional food, as we have participants with food allergies and need to keep our camp environment safe for everyone.
- 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
- 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

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

Equipment:

- 1 warm sleeping bag or 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

Diabetes Supplies:

Campers on insulin pumps should bring:

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

We provide the following diabetes supplies

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