

# Packing for Camp

## Bearskin Meadow Camp and Camp de los Niños

### **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!

Camp de Los Niños is located in the redwoods, where it can often be cool and shady during the day. Each camper must have a warm sleeping bag and warm clothes to layer.

### **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 Camp de los Niños, Kids, Teen, and Buddy Camps only). Please review cell phone policy for more information.**
- Food. Please do not send packages with food items.
- Pets and animals.
- Any modes of transportation including bikes, skateboards, and scooters.
- Diabetes supplies that are provided by camp (see Packing List).

# Packing List

Please label EVERYTHING!

If obtaining any of these items is a hardship for your family, please let us know ahead of time and we can help provide you with supplies.

## 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 (Bearskin Meadow Camp only)
- Musical instrument
- Books or magazines
- Paper, envelopes, and stamps to write letters
- White t-shirt to tie dye (offered at some sessions)

## Equipment:

- 1 warm sleeping bag + 1 warm blanket
  - \*We have many sleeping bags available at Bearskin Meadow Camp. If you may need a sleeping bag at Camp de Los Niños please call us ahead of time so that we can bring an extra.*
- 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
- Tarp or clear plastic painter's drop cloth\*
  - \*Needed at Bearskin Meadow Camp only. We sleep on open-air decks at BMC, and 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
- 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 **where parents are not present**, even when acting as a CGM receiver. Please read Diabetes Technology Policy for more information and exceptions.

### \*We provide the following diabetes supplies\*

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