



## Supplies for Campers to Bring to Adventure Camp

### CLOTHING

*labeled with camper name, keep the [Dress Code](#) in mind*

Long pants - 1 or 2	Sweatshirt or Sweater	Rain gear (just in case)
Shorts - 1 or 2	Light jacket	Hat (to block sun)
Shirts - 2 or 3	Swimsuit	Belt(s)
Underwear - for 3 days	Pajamas	
Socks - for 3 days	Athletic/hiking shoes	

### BEDDING

Warm sleeping bag	Pillow and Pillowcase	Extra blanket (optional)
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### TOILETRIES

Soap – in plastic container	Deodorant	Lip protectant
Toothpaste & Toothbrush	Comb or Brush	Lotion
Towel	Washcloth	Misc. personal care items
Shampoo	Hair accessories	

### OTHER

Medications needed	Sunscreen	Batteries
Insect repellent	Flashlight or Headlamp	

- Returning campers remember your Camp Necklace and have it ready to turn it in at check in -  
(New campers will receive a Camp Necklace during their first year at camp)

### DIABETES SUPPLIES

Bring your own insulin pen(s), CGM, and pump supplies labeled w/name	Review the <a href="#">CGM Policy</a> if you are planning to bring a Continuous Glucose Monitor to camp.
<u>Insulin pumpers, bring 2 full site change sets</u>	Don't forget your <a href="#">Medical Check-In Form!</a>

### DO NOT BRING

iPods or other electronics, phones will be permitted for use once a day for a 30-min interval; gum, or food of any kind.

Any of these items will be confiscated and returned to parents/guardians.