

Camp Packing List

The following packing list is intended as a guide; your camper(s) may not need every item on the list.

Please try to pack everything in a small suitcase or duffel bag in order to save time and space. Campers will have to carry their own suitcase to and from the cabins.

Mark all items with your child's name or initials.

Clothing

Clothes need to be modest, comfortable, capable of getting wet and dirty, and appropriate for active play in an outdoor setting. No clothing with lewd or suggestive slogans/ language or references to alcohol or drugs

Please review this list carefully so your camper is adequately prepared for a variety of clothing needs. Campers may want to change clothes more than once each day.

- _____ Socks (1-2 pairs per day)
- _____ Underwear (1-2 changes per day)
- _____ Other undergarments i.e. bra
- _____ Shorts (1 – 2 pair per day) (appropriate length and worn at natural waist)
- _____ Shirts (1-2 per day) (no see through or bare midriffs)
- _____ Pajamas
- _____ Swimsuit & cover up (one piece for girls, no speedos for boys)
- _____ Poncho or Rain Jacket
- _____ Hat
- _____ Sunglasses
- _____ Bathrobe or other cover up for pajamas

Tip: Pack one day's worth in a large Ziploc style bag and mark with child's name.

Tip: Pack a plastic bag for dirty clothes.

Footwear

All campers will participate in outdoor and water activities (i.e boating, hiking) and proper footwear necessary for safety during these activities.

_____ Two sturdy closed toe pairs of shoes. Shoes should be capable of getting wet and dirty. One pair that can be worn both on land & water is highly recommended.

_____ One pair of flip flops or sandals for while showering or poolside. These are not considered proper camp footwear and cannot be worn during camp activities. Campers may bring "cros" but these will not be permitted during most outdoor activities.

Bedding and Towels

Camper cabins are outfitted with twin size mattresses. Campers must bring their own bedding.

Laundry facilities are not available; please bring enough clothing and bedding to last the entire stay.

- _____ 1 set of twin or full sized sheets or 1 Sleeping Bag
- _____ 1 Blanket
- _____ 1 Pillow & Case
- _____ Towels for Water Activities (1-2)

- Washcloth & Towel for Showering (1-2 per day)
- Extra sheets and plastic sheets if needed
- Clip-on battery operated fan or plug-in fan with extension cord (optional)

Personal and Toiletry Items

Campers must bring their own toiletry and personal care items. Campers may wish to bring a plastic container or caddy to carry items to and from the bathhouse.

- Toothpaste & Toothbrush
- Deodorant
- Comb & brush
- Sunscreen & sunscreen lip balm
- Shampoo and conditioner
- Body Soap (if bar soap bring soap dish/box)
- Insect repellent
- Feminine products
- One reusable water bottle clearly labeled with camper's name
- Contacts, solution, case, & extra pair
- Eyeglasses & case
- Wet Wipes
- Lotion

Optional Items

- Laundry bag
- Playing cards &/or small board games
- Flashlight and batteries
- Notebook & pen
- Books or magazines to read
- Sporting equipment
- Hair Ties
- Razor
- Nail Clippers
- Camera (disposable preferred)
- Small bag for carrying gear around during the day
- Swim Goggles
- Cell phone (will be kept by camp staff and given to campers in the evenings for a limited amount of time)

Medication and Diabetes Supplies

Bring your own:

- meter
- test strips (about 30, more if you'd like)
- lancing device

We will supply the following diabetes supplies for all campers: Insulin, Pens, Needles, Glucose Tablets; Lancets; Syringes; Alcohol Wipes

Medications for conditions other than diabetes

If your camper takes medication for conditions other than diabetes, **bring enough for Friday evening, and all day Saturday and Sunday.**

- All Medications brought to camp must be in original containers.
- Prescription medication must have original pharmacy label or written prescription from a physician with clear dosing instructions
- Medications should be brought to camp in a clear plastic bag labeled with your camper's name.

Campers using insulin pumps

Campers using an insulin pump must bring their own pump supplies:

- Batteries
- Reservoirs or Cartridges
- Infusion sets
- Inserters
- Any medical tape regularly used (i.e. IV3000)
- Any cream or ointment regularly used for site changes

Leave At Home:

CGM supplies including transmitter, receiver, and sensors.

Expensive clothing, watches, or jewelry. We are not responsible for repair or replacement of lost or damaged items.

All Electronic Devices: radios, cd or mp3 players, video games, computers, tablets, video cameras, cell phones (unless you wish to have for continuous glucose monitor use).

If it is valuable, do not send it.

Coolers, Candy, Gum, Food or Drink from home

Skateboards, Rollerblades, Heelies

Weapons of any kind

Alcohol, Tobacco, Drugs, Matches, Lighters, Candles, Firecrackers

Campers found with any of these items, or any item(s) that could cause harm to campers, staff or property will be confiscated and held by staff until check-out when they will be returned to the campers' parent/guardian.

Thank you & Happy Packing!

Cape Fear Valley Pediatric Endocrinology 910-615-1885