



OVERNIGHT CAMPER PACKING LIST

Personal Care Items	Clothing -- Plan for at least one change per day and various weather conditions.	Optional Items	Please Do Not Bring
<ul style="list-style-type: none"> <input type="checkbox"/> Sleeping bag and/or Twin size bedding to accommodate personal preferences or needs. <input type="checkbox"/> Several towels, including a beach towel. <input type="checkbox"/> Washcloths <input type="checkbox"/> Pillows and pillow cases <input type="checkbox"/> Toothbrush and toothpaste <input type="checkbox"/> Comb and brush <input type="checkbox"/> Soap <input type="checkbox"/> Shampoo <input type="checkbox"/> Deodorant <input type="checkbox"/> Personal toiletry items (razors, hairspray, etc.) <input type="checkbox"/> Feminine hygiene items, if necessary. (Tampons are required for swimming in the pool) <input type="checkbox"/> Kleenex <input type="checkbox"/> Sunblock – with minimum SPF of 15 <input type="checkbox"/> Insect repellent <input type="checkbox"/> Sunglasses <input type="checkbox"/> Lip balm <input type="checkbox"/> Prescription medication- IN THEIR ORIGINAL CONTAINERS <input type="checkbox"/> EPI Pen, if applicable <input type="checkbox"/> Any other items you use in your daily routine 	<ul style="list-style-type: none"> <input type="checkbox"/> Jeans/ long pants <input type="checkbox"/> Shorts <input type="checkbox"/> T-shirts <input type="checkbox"/> Warm/long sleeved shirts <input type="checkbox"/> Sweatshirts <input type="checkbox"/> Jackets (for cool days/evenings) <input type="checkbox"/> Sneakers/ Shoes (all shoes must be closed toe with good traction) <input type="checkbox"/> Socks <input type="checkbox"/> Underwear <input type="checkbox"/> Pajamas <input type="checkbox"/> Swimsuit (one piece preferable for females) <input type="checkbox"/> Hat/visor –protection from the sun <input type="checkbox"/> Sunglasses <input type="checkbox"/> Pool shoes, shower slippers or flip-flops- for the pool or shower ONLY <input type="checkbox"/> Raincoat, rain-gear, umbrella <input type="checkbox"/> Bag for used laundry 	<ul style="list-style-type: none"> <input type="checkbox"/> Camera and film- No cell phones Please! <input type="checkbox"/> Fan <input type="checkbox"/> Extension cords <input type="checkbox"/> Fishing gear <input type="checkbox"/> Nose plugs/ ear plugs <input type="checkbox"/> Books/ magazines <input type="checkbox"/> Playing cards <input type="checkbox"/> Games to play with cabin (such as board games) <input type="checkbox"/> Writing supplies <input type="checkbox"/> Flashlight with extra batteries <input type="checkbox"/> Watch 	<ul style="list-style-type: none"> <input type="checkbox"/> Video Games <input type="checkbox"/> TVs <input type="checkbox"/> DVD player <input type="checkbox"/> VCR <input type="checkbox"/> Movies <input type="checkbox"/> Music w/ explicit lyrics <input type="checkbox"/> Water balloons (we have campers with latex allergies) <input type="checkbox"/> <u>NO CELL PHONES</u> <input type="checkbox"/> No flip flops or sandals for daily use (only in showers or pool). Must have tennis shoes or closed toe shoes.

Diabetes Supplies:

- 8-10 Pump site changes (including sites, reservoirs, tubing, or any other items to complete a site change, i.e. T-Slim Syringe) or pods. Please remember to have all medications out and accessible during check-in. Pump site changes will be checked in during registration.
- Meter and extra test strips.
- Charging cords for any rechargeable diabetic device.
- Insulin pen devices; if campers prefers own device.

Note: You will not need to bring aspirin/Tylenol, Band-Aids, etc. The medical staff will have these items available. If you take prescription medications please bring them in the ORIGINAL containers, you will be asked to check these in at check in.

CAMP SWEET LIFE IS NOT RESPONSIBLE FOR LOST, STOLEN OR BROKEN ITEMS!