



Junior, Kids, Teen, and Starry Skies Camp

Normal temperatures can vary drastically, with daytime temps in the 90's and nighttime lows in the 40's. It is best to plan and pack clothing for easy layering.

Campers should bring the following items:

- 2 pairs **STURDY** shoes (tennis or walking—not flip flops or slippers)
- Water shoes (Only closed-toed shoes are allowed, even for the water. ie. Keens, water booties, old tennis shoes)
- Brush/comb
- Towel & washcloth (2)
- Deodorant
- Soap & shampoo
- Toothbrush & toothpaste
- Feminine hygiene products as needed
- Underwear
- Socks for the week
- Long pants
- Shorts
- T-shirts
- Pajamas
- Sweatshirts
- Swimsuit
- Coat
- Bug repellent (non-aerosol)
- Rain jacket
- Backpack or Day pack (these will not be supplied by camp this year!)
- Sunscreen (with SPF of at least 15)
- Lip balm
- Flashlight/fresh batteries
- Bring (or know your) last A1c result
- Dirty clothes bag
- Sleeping bag & pillow
- Diabetes supplies



- Kids and Junior Camp: Cell phone for Dexcom users for remote blood sugar monitoring (only if they already have one!)
- For Teen Camp: Prom/dress up clothes for prom night from home- no need to purchase anything!

Diabetes Supplies:

- Meter (everyone needs in case of sensor failure)
- Test Strips
- Lancet device
- Insulin
- Syringes or pen needles
- Alcohol swabs
- Extra batteries
- If on a pump, plenty of pump supplies, enough for a few extra site changes and extra batteries/charger
- If on a CGM, plenty of CGM supplies including enough for an extra site change and your receiver.

Please note that the only approved cell phone use at Hodia is for taking pictures and gathering CGM readings. Many campers have lost their cell phones at camp, so a receiver is preferred if possible. Kids and Junior campers on Dexcom CGM will be using a new remote monitoring system where blood sugars will be tracked at all times. A cell phone is needed for that if campers have one!

Optional:

- Hat
- Camera
- Talent show items
- If you bring electronic devices, label them carefully. These items are easily lost.
- Please keep makeup to a minimum



- **Book for bedtime**
- **Letter writing paper/postcards (don't forget stamps and addresses)**
- **Picture from home and/or lovey**
- **Boots for horseback riding**

Hodia is not responsible for lost or stolen items.