PACKING LIST

Wilderness Camp

PLEASE NOTE:
Normal temperatures can very drastically - It is best to plan and pack clothing for easy layering.

Cell phone usage is for CGM monitoring and pictures ONLY.

ALL food and snacks are provided; please do not send food items.

CAMPERS SHOULD BRING THE FOLLOWING ITEMS TO CAMP...

CLOTHING ITEMS

☐ 1 Pair of STURDY hiking boots (NOT brand new, you will want them broken in)
☐ 1 Pair of water shoes (Tevas, water booties, Keens, old tennis shoes, etc)
☐ 4 Pairs of hiking socks (long enough to fit under your boots)
☐ Underwear
☐ Long Johns
☐ Warm Pajamas
☐ Long pants (no more than 2 pairs)
☐ Shorts (no more than 2 pairs)
☐ T-shirts (no more than 4)
☐ Long Sleeve Shirt
☐ Swimsuit
☐ Coat
☐ Rain Jacket
☐ Hat

PERSONAL CARE ITEMS

☐ Bug repellent (non-aerosol)
☐ Sunscreen
☐ Brush/comb
☐ Lip salve
☐ Toothpaste
☐ Toothbrush
☐ Backpacking towel/washcloth

> HODIA is NOT RESPONSIBLE for lost or stolen items...please label valuable items or leave them home <
OTHER ITEMS

☐ Day pack (school backpack)
☐ Water Bottle
☐ Sunglasses
☐ Flashlight with new batteries
☐ Sleeping bag (no more than 4 lbs)
☐ Backpacking Pillow
☐ GPS

DIABETES SUPPLIES...PLEASE PACK PLENTY!

☐ Meter (everyone needs in case of sensor failure)
☐ Test Strips
☐ Lancet Device & Lancets
☐ Pump Supplies (if using one)
  ☐ Pump Site changes (enough for camp length + extra site)
  ☐ Charging Cable / Portable Charger
  ☐ Extra Batteries
☐ CGM Supplies (if using one)
  ☐ Sensor Site Changes (enough for camp length + extra site)
  ☐ Receiver (even if using cell phone)

☐ Insulin
☐ Syringes or Pen Needles
☐ Alcohol Swabs

> HODIA is NOT RESPONSIBLE for lost or stolen items...please label valuable items or leave them home <