



Wilderness Camp

Campers should bring the following items:

- 1 Pair of STURDY hiking boots (NOT brand new, you will want them broken in)
- 4 Pairs of hiking socks, long enough to fit under your boots
- 1 Pair of water shoes (Texas, water booties, Keens, old tennis shoes, etc)
- Long pants (no more than 2 pairs)
- Shorts (no more than 2 pairs)
- Warm pajamas
- Coat
- T-shirts (no more than 4)
- Swimsuit
- Long johns
- Underwear
- Hat
- Flashlight/batteries
- Bug repellent (non-aerosol)
- Water bottle
- Brush/comb
- Lip salve
- Sunscreen
- Toothbrush
- Extra batteries for meter/pump
- Sleeping bag (no more than 4 lbs)
- Backpacking Pillow
- Rain jacket
- Backpacking towel/washcloth
- Day pack (school backpack)
- Sun glasses
- GPS



Diabetes Supplies:

- Meter
- Test Strips
- Lancet device
- Insulin
- Syringes
- 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.

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.

Hodia is not responsible for lost or stolen items.