



Winter Camp

Campers should bring the following items:

- 1 pair STURDY shoes (snow boots or winter shoes)
- 4 pair socks
- Pajamas
- T-shirts
- Long pants (at least two pairs)
- Sunscreen
- Underwear
- Soap & shampoo
- Lip salve
- Toothbrush & paste
- Brush/comb
- Bathing suit
- Dirty clothes bag
- Helmet for skiing (if you own one, if not we have one you can borrow for the weekend)
- Skis or Snowboard (unless you're renting equipment)
- Heavy coat for skiing
- Ski pants
- Long johns
- Gloves for skiing
- Knit Hat for skiing
- Please pack plenty of your own diabetes supplies



Diabetes Supplies:

- Meter
- 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.

Optional:

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