

SUGGESTED PACKING LIST

Please label everything your camper brings to camp. Lost items that are labeled can easily be returned if they are found. Please include a packing list with the corresponding quantities if you would like your camper to use when packing at the end of camp. Please note this list is simply a **guideline** or suggestion. Please pack clothing and items that make sense for your camper's time at camp. Additionally, this list is recommended for a 2 week stay at camp.

MEDICAL		
<input type="checkbox"/> Insulin (enough for the entire session) <input type="checkbox"/> Insulin Pens <input type="checkbox"/> Pump Supplies (labelled) – sites, reservoirs, etc <input type="checkbox"/> Other medications (must be in original containers)	<input type="checkbox"/> Pump batteries (AA/AAA) <input type="checkbox"/> CGM (sensors, transmitter, receiver) – please connect with the Camp Director to learn how these tools work at camp	
<p>You know your camper best. Please pack enough medical/diabetes management supplies for the duration of the session. Camp Huronda will supply syringes, pen needle tips, lancets, blood glucose meters, testing strips, and ketone testing supplies. Please remember to pack supplies for traveling to and from camp for the first and last day of the session. Camp Huronda will also supply emergency medical supplies, like glucagon.</p>		
CLOTHING – all campers will have mid-session laundry		
<input type="checkbox"/> 7 pairs of socks <input type="checkbox"/> Supply of underwear for the session <input type="checkbox"/> 4 pairs of shorts <input type="checkbox"/> 2 pairs of pants/sweatpants <input type="checkbox"/> 7 t-shirts	<input type="checkbox"/> 2 sweatshirts <input type="checkbox"/> 1-2 long-sleeve shirts <input type="checkbox"/> Flip flops or sandals <input type="checkbox"/> 2 pairs of closed-toe shoes (one pair should be running shoes for overnight trips – these WILL get wet)	<input type="checkbox"/> 1 pair athletic sandals <input type="checkbox"/> 1 waterproof rain suit <input type="checkbox"/> 1 pair rubber boots <input type="checkbox"/> 2 swim suits (no tie up bikinis please) <input type="checkbox"/> 2 sets pajamas
SUN SAFETY		
<input type="checkbox"/> 1 hat with brim (mandatory; baseball caps work great!) <input type="checkbox"/> Water bottle (mandatory)	<input type="checkbox"/> Sunscreen (minimum 30 SPF)	<input type="checkbox"/> UV Protective/Swim Shirt <input type="checkbox"/> Sunglasses
CAMP STUFF		
<input type="checkbox"/> Sleeping Bag <input type="checkbox"/> Additional sheets/blankets (optional) <input type="checkbox"/> Pillow <input type="checkbox"/> Insect repellent <input type="checkbox"/> Toiletry Kit (soap, shampoo, facecloth, toothbrush, toothpaste, comb, deodorant, etc) <input type="checkbox"/> Flashlight/headlamp	<input type="checkbox"/> 2 lightweight towels (easy drying for swimming and showers) <input type="checkbox"/> Daypack (for camera, rain gear, water bottle, etc) <input type="checkbox"/> Camera (cell phones with camera are NOT acceptable) <input type="checkbox"/> Empty large plastic bags for wet & dirty clothes to come home in <input type="checkbox"/> LDP 2: Jeans & a white top	OPTIONAL <input type="checkbox"/> Pen, paper, stamps (addressed & stamped envelopes/postcards) <input type="checkbox"/> 30L dry bag for canoe trips <input type="checkbox"/> Small sleeping bag for trip <input type="checkbox"/> Silly Costume for the First Night of Camp campfire! <input type="checkbox"/> Acoustic musical instruments <input type="checkbox"/> Concordia Day Colours (red, green, black, and blue clothing & accessories)
WHAT NOT TO BRING		
<ul style="list-style-type: none"> ✗ Alcohol, non-prescription drugs, drugs not prescribed to the camper, tobacco products, electronic smoking devices ✗ Knives, including camping or Swiss army knives ✗ Valuable or precious items (i.e. jewellery) ✗ Matches or lighters ✗ Food 	<ul style="list-style-type: none"> ✗ <u>ANY</u> non-medical electronics with the exception of digital camera ✗ Smartphones (unless being used as a Dexcom G5 receiver – follow up required) ✗ Nightscout or similar devices 	
<p>Diabetes Canada is not responsible for lost or stolen items.</p>		

We recommend packing belongings in suitcases/luggage or storage containers that can be identified by your camper. We suggest avoiding large garbage bags as they can rip or easily be mixed up during transport!

