

# **Camp MYDA 2023**

## **Non-Medical Packing List**

### **What to Bring to Camp**

Campers will store clothing and personal items in their cabins, under their beds. Clothing should be appropriate for camp activities, comfortable, and capable of getting wet and dirty without worry.

Clothing with offensive or suggestive slogans/ language or references to alcohol or drugs will not be permitted.

Mark all clothing and personal items with the camper's name in indelible ink.

Laundry facilities are not available at camp; please bring enough clothing and bedding to last the entire stay.

Campers must wear proper footwear (gym/walking or shoes with closed toes) when participating in sports and other activities.

Please do not pack expensive clothing, watches, or jewelry. The camp is not responsible for repairing or replacing lost or damaged items.

### **Clothing**

Please review this list carefully so your camper is adequately prepared for various clothing needs. Some activities are very active, and campers may want to change clothes more than once each day.

Socks (1-2 pairs/day)  
Underwear (1-2 changes/day)  
Shorts  
Shirts, long and short-sleeved  
Pajamas  
Long pants/jeans  
Swimsuit(s) – preferably a one-piece or a tankini  
Sweatshirt, sweater, jacket (evenings can be cool)  
Rain jacket/poncho for rainy weather

### **Footwear**

Proper footwear is essential at camp. All campers will engage in outdoor and water activities (i.e., canoeing, hiking, climbing walls, and team sports), and proper footwear is essential for camper safety during these activities. Proper footwear is also part of good foot care.

Please be sure your camper brings at least two sturdy closed-toe pairs of shoes to camp. Shoes should be capable of getting wet and dirty without harm.

### **Bedding and Towels**

Camper cabins are outfitted with twin-size bunk beds. The camp does not supply sheets, blankets, or pillows. Campers must bring their own bedding.

Sleeping bag or Sheets/Blanket(s) (twin size)

Pillow

Beach towels for swimming

Washcloths & towels for showering

Extra sheets and plastic sheets if needed

### **Personal and Toiletry Items**

Campers must bring their own toiletry and personal care items. These items are not available for sale in the camp store. Not all camper cabins have attached bathrooms. Campers may bring a plastic container or caddy to carry items to and from the bathhouse.

Toothpaste/Toothbrush

Deodorant

Comb & brush

Sunscreen

Shampoo and conditioner

Soap & soap dish/box

Insect repellent

Feminine products

Bathrobe

If the camper wears pull-ups to bed, please pack enough for your camper's stay. We do not stock this item at Camp.

Shower Shoes

### **Optional Items**

Laundry bag

Sunglasses

Playing cards

Flashlight and batteries

Diary/Journal, books, magazines

Stationery, postcards, pen, and postage stamps

Camera (disposable preferred, marked with camper name)

Fan (cabins are NOT air-conditioned)

Cap or hat

Talent Show Items (not responsible if lost or stolen)

### **What NOT to bring to camp**

Certain items do not lend themselves to our surroundings and are better left at home. Therefore, the following items are not permitted at Camp:

- iPods / iPads
- Electronic games and devices
- Laptops
- CD players
- Radios
- Video cameras
- Money
- Gum
- Food from home
- Knives, weapons
- Drugs, alcohol, cigarettes
- Matches, lighters, candles, firecrackers
- Pets

Campers found with any of these items, or any item(s) that could cause harm to campers, staff or property will be confiscated and held in the Camp Office until check-out when they will be returned to the campers' parent/guardian.

If you have any questions about certain items e-mail Jeremy at [Jeremyr@mydiabetesalliance.org](mailto:Jeremyr@mydiabetesalliance.org)