

CAMPER PACKING LIST

REQUIRED PERSONAL ITEMS

- Pack your items in a suitcase or duffle bag
- Toothbrush, toothpaste
- Soap
- Shampoo
- Deodorant
- Lotion
- Comb or hair brush
- Chapstick or lip balm (with SPF 15)
- Water bottle
- Pajamas or other sleeping clothes
- 2-3 PAIR shorts
- 2-3 PAIR long pants or sweats
- Belts, if needed for your pants
- 3-4 t-shirts
- 2 long sleeve shirts (turtlenecks are good)
- Sweatshirt
- Warm jacket
- Warm hat and gloves (evenings can be cool, especially if it rains)
- RAIN COAT OR PONCHO!! THIS IS A MUST HAVE ITEM!!!**
- Sunscreen (minimum SPF 15)
- Sunglasses
- Hat or cap to protect from sun
- Swim suit
- Swim goggles, ear plugs or nose plugs, if needed
- Large beach towel (for the pool)
- 2 bath towels and wash cloths (for showers)
- 7-8 PAIR underwear
- 7-8 PAIR socks
- sandals
- 2 PAIR tennis shoes (hard soles, not keds, required for horseback riding)
- 1 PAIR hiking boots (if you already own them)
- Flashlight or headlamp, with fresh batteries
- Back pack or fanny pack--to be used as a day pack to carry your things around the camp during the week
- Sleeping bag.
- Sleeping pad (BOEC and Leadership Campers).
- Pillow and pillow case.
- Twin sheets (fitted).

*PLEASE NOTE: Camp does not provide bed linens and pillow.

OPTIONAL PERSONAL ITEMS

- Fishing pole and gear
- Disposable camera, with child's name written on the camera
- Books, to read at rest time or nighttime
- Baseball glove, if you have one
- Tennis racket, if you have one
- Playing cards or dominoes, if you want

MEDICAL SUPPLIES

- FACTOR CONCENTRATES**
 - If you routinely infuse, bring scheduled doses enough for a week plus one extra dose.
 - Bring your emergency dose if you do not routinely infuse.
 - **DO NOT BRING INFUSION SUPPLIES**, unless you have special ones. HTC nurses will have all infusion supplies in the Health Lodge
- STIMATE NASAL SPRAY or DDAVP INJECTION**, if you use those drugs to treat your bleeding episodes
- ALL OTHER MEDICATIONS** you take, including vitamins, allergy meds, etc

REMINDERS

LABEL ALL ARTICLES OF CLOTHING AND PERSONAL ITEMS WITH CAMPER NAME. This will make it easier for staff members and counselors to keep track of misplaced items. **Colorado Easter Seal Society and the HTC are not responsible for any lost or stolen items. Please keep this in mind when you are packing your personal items.**

ELECTRONIC DEVICES (cell phones, iPods, game boys, walkmans, CD players, etc) ARE NOT ALLOWED AT CAMP! All devices will be removed from the cabins and kept in the Health Lodge until the end of the week. Please do not send these items with your child.