



PACKING LIST

WINTER CAMP

PLEASE NOTE:

Normal temperatures can vary drastically -
It is best to plan and pack clothing for easy layering.

Cell phone usage is for CGM monitoring and pictures ONLY.

ALL food and snacks are provided; please do not send food items.

CAMPERS SHOULD BRING THE FOLLOWING ITEMS TO CAMP...

CLOTHING ITEMS

- | | |
|---|---|
| <input type="checkbox"/> Dirty Clothes Bag | <input type="checkbox"/> 6 pairs Thick Socks (wool preferred) |
| <input type="checkbox"/> Pants (2 pair min) | <input type="checkbox"/> Underwear |
| <input type="checkbox"/> Sweatshirts/Fleece | <input type="checkbox"/> Pajamas |
| <input type="checkbox"/> Shirts | <input type="checkbox"/> Swimsuit |
| <input type="checkbox"/> Sweatshirts | <input type="checkbox"/> Knit Hat |
| <input type="checkbox"/> Long Johns (top & bottom for layering) | <input type="checkbox"/> Winter/Snow Boots |
| <input type="checkbox"/> Tennis Shoes | <input type="checkbox"/> Coat |

PERSONAL CARE ITEMS

- | | |
|--|--|
| <input type="checkbox"/> Deodorant | <input type="checkbox"/> Washcloth & 2 Towels (shower & swim) |
| <input type="checkbox"/> Soap | <input type="checkbox"/> Sunscreen (SPF 15 or higher) |
| <input type="checkbox"/> Shampoo & Conditioner | <input type="checkbox"/> Feminine hygiene products (as needed) |
| <input type="checkbox"/> Toothbrush & Toothpaste | <input type="checkbox"/> Makeup (keep to a minimum) |
| <input type="checkbox"/> Brush or Comb | |
| <input type="checkbox"/> Lip Balm | |

> HODIA is NOT RESPONSIBLE for lost or stolen items...please label valuable items or leave them home <

OTHER ITEMS and GEAR

- Sleeping Bag
- Pillow
- Water Bottle
- Sunglasses (optional)
- Flashlight with new batteries
- Skis or Snowboard (unless renting)
- Ski or Board Boots (unless renting)
- Ski Poles (optional)
- Helmet (if you own one, if not we'll loan you one)
- Goggles (if you have them)
- Heavy Snow Coat (for Skiing/Boarding)
- Snow Pants
- Gloves (for Skiing/Boarding)

DIABETES SUPPLIES...PLEASE PACK PLENTY!

- Meter (everyone needs in case of sensor failure)
- Test Strips
- Lancet Device & Lancets
- Pump Supplies (if using one)
 - Pump Site changes (enough for camp length + extra site)
 - Charging Cable / Portable Charger
 - Extra Batteries
- CGM Supplies (if using one)
 - Sensor Site Changes (enough for camp length + extra site)
 - Receiver (even if using cell phone)
- Insulin
- Syringes or Pen Needles
- Alcohol Swabs