

THE CAMP PACKING LIST 2010

- _____ Sleeping bag and pillow securely rolled and packed in a waterproof stuff-sack or garbage bag.
- _____ Two (2) pairs of sturdy shoes.
- _____ Change of socks for each day with several extra pair.
- _____ Warm Jacket.
- _____ Camp type clothes for warm days and cool nights.
- _____ Towels and personal toiletries.
- _____ Rain gear such as raincoat and umbrella.
- _____ Flashlight.
- _____ Camera with film (optional).
- _____ Cap, hat, or bandana (for protection from the sun).
- _____ Swimsuit, sandals, extra towel.
- _____ Protective footwear for swimming.
- _____ Medications (other than insulin). The Health Hut has common items such as Tylenol, aspirin, Band-Aids, etc. Medications should be in original containers.

_____ **ALL ITEMS NECESSARY FOR CAMP REGISTRATION- Your Blue or Yellow Home Blood Sugar Log**

Medical supplies such as Insulin, syringes and glucose monitor, and strips are provided for each camper. **(However, this year all those campers who wear pumps need to bring their own pump supplies including batteries)**

With all of the things to remember to bring to camp, there are also a few things you SHOULD NOT BRING. These are the things NOT TO BRING TO CAMP:

CELL PHONES FIREWORKS!! JUNK FOOD/SNACKS/POP
ALCOHOL/DRUGS WEAPONS! PETS

Please label all of your personal belongings. It helps to identify items in the “Lost and Found” and have them returned to you.

The Canteen is open most afternoons and campers may purchase NeSoDak sweatshirts, T-shirts, or other things. Clothing prices generally range from \$10 to \$40.

CELL PHONES: This is a NeSoDak policy. Cell phones should be sent home with parents at check-in. If you prefer, the Camp Gilbert staff can store these and return to the camper at check out.