



Handy Check List of things to bring to Camp

BEDDING (twin beds)

- Pillow
- Sleeping Bag, Twin Sheets & Blankets
- Low Air Loss or Gel Mattress

CLOTHING (weather appropriate)

- Swim Suit
- Shorts, Jeans, Shirts
- Shoes
- Daily change of undergarments
- Jacket/Sweater/Rain gear (if applicable)
- Plastic bag for dirty & wet clothes

PERSONAL CARE ITEMS

(pack in Zip Lock bag)

- Tooth Brush/Tooth Paste
- Comb/Brush
- Soap/Shampoo/Conditioner
- Towel & washcloth
- Flashlight
- Insect Repellent
- Sunscreen
- Hat
- Catheters

EXTRA ITEMS TO PACK

- Original Health Camp Forms
- Any Additional Medical Forms
- Camera
- ALL Medications
- Medical Equipment
- Lift AND Lift Sling
- Extra Positioning Pillows
- Wheelchair charger/Cord
- Vent batteries
- Additional Tubing
- Cell phone
- Cell phone charger
- Specialty Food/Snacks of choice
- Nutritional Supplements/ Enteral Feeding Formula
- Distilled Water for your machine
- Specialty Eating Utensils

ITEMS NOT TO BRING

Expensive jewelry, excessive money, expensive electronic devices, weapons, fireworks, alcohol, drugs, or any other item that could be stolen, lost, illegal, or cause harm to others

MARK ALL
ITEMS WITH
YOUR NAME