



# CAMPER PACKING GUIDE

For everyday use at camp, **PACK OLD CLOTHES**. Please put camper's name on ALL articles. No money or valuables are to be left in camper cabins. Camp Nejeda is not responsible for items lost, destroyed, or left at camp. Camp Nejeda provides all diabetes supplies. Please review the form Pumps, Pens, and Non-diabetes Medications for important information on bringing those items to camp.

Campers in Session 2, 3, and 4 – for a fee – have access to laundry services. Campers should still pack enough of the following items to cover at least one week (two weeks when not planning on paying for laundry service).

**The suggested number below is for TWO weeks.** Adjust down for one-week stays where possible.

## CLOTHING

Shirts	14	_____
Sweaters/sweatshirts	4	_____
Shorts	8	_____
Jeans, pants	6	_____
Underwear	14	_____
Socks (pairs)	14+	_____
<i>You can never send enough socks!</i>		
Pajamas (1 warm)	4	_____
Swim Suits	2	_____
Banquet Clothing	1	_____
<i>An outfit to be worn on the last night of the session to a Banquet ceremony / Dinner Dance</i>		
Jackets (1 warm)	2	_____
Raincoat poncho	1	_____
Laundry bags	2	_____
Watershoes/Sandals (pair)	1	_____
<i>No flip-flops! (see note below)</i>		

## CLOTHING (cont'd)

Shoes, Sneakers (pair)	2	_____
Hiking boots (pair)	1	_____
<i>For optional Appalachian Trail hike, Sessions 2, 3, 4 only</i>		

## CABIN ITEMS

Storage Container	1	_____
<i>Clear is best to be able to see what is in container</i>		
Sheets (Twin)*	4	_____
Pillowcases	2	_____
Pillow	1	_____
Blankets	3	_____
Flashlight	1	_____
Batteries	6	_____
Tissues		_____
Small Battery-Operated Fan	1	_____

## PERSONAL CARE

Face Cloths	8	_____
Towels	8	_____
Toothpaste		_____
Toothbrush		_____
Deodorant		_____
Shampoo		_____
Shower Caddy		_____

## OPTIONAL

Swim goggles	1	_____
Sunscreen	1	_____
Bug Repellent	1	_____
Sleeping Bag*	1	_____
<i>*For campout</i>		

**PLEASE BRING A WATER BOTTLE LABELED WITH YOUR CAMPER'S NAME.**

\*For sanitary reasons we ask that sleeping bags NOT be used instead of bunk linen. Sleeping bag is used for an evening campout during each session.

**NOTE:** If a sandal can be bent in half it is not sturdy enough to be worn at camp. Sandals AND Crocs may be worn at camp and are SAFEST if they have a heel strap. **Flip-flops CANNOT be worn as normal footwear at Camp Nejeda and may ONLY be worn for showering and the pool.**

## OPTIONAL

Fishing gear, Bicycle with helmet, Personal Sporting Equipment, Swim Goggles, Games and Books

\*If you would like to receive mail from your camper please send self-addressed, stamped envelopes and/or postcards. This is a big help to your camper's counselor. **Write early and often, please put cabin and spec number on all letters and packages to your camper. This is your child's ID number at camp. You will receive this number on Intake Day. You may send mail prior to your camper's session. Please mark with your camper's name and session.**

## NOT ALLOWED AT CAMP

The following items will be taken away and kept in the office: cell phones; smart watches; rollerblades; skateboards; swim fins, masks, and snorkels; food, candy, gum; knives, axes, and all cutting tools; matches, sparklers, caps, etc.; cigarettes, valuables, and money.

**NO INSULIN OR MEDICATIONS ARE ALLOWED IN CAMPER CABINS.**

Updated 12/2020