



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 Nejedra is not responsible for items lost, destroyed, or left at camp. Camp Nejedra 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 and 3 have access to laundry services at no cost. Campers should still pack enough of the following items to cover at least one week (two weeks when not planning on using the laundry service). **The suggested numbers below are for TWO weeks.** Adjust down for one-week stays where possible.

<u>Clothing</u>		<u>Clothing Cont'd</u>		<u>Personal Care</u>	
Shirts	12 ___	Sneakers	2 ___	Face Cloths	2 ___
Sweatshirt/sweater	3 ___	Hiking shoes/boots	1 ___	Towels	3 ___
Shorts	6 ___	Casual Dance Outfit		Toothpaste	
Jeans/pants	4 ___	<i>Nice shorts/polo or sundress</i>		Toothbrush	
Underwear	12 ___	<u>Cabin Items</u>		Deodorant	
Sock pairs	12 ___	Sheets (twin)**	3 ___	Shampoo/conditioner	
Pajamas (1 warm)	4 ___	Pillowcases	2 ___	Shower caddy	
Swimsuits	2 ___	Pillow	1 ___	Sunscreen	
Plain colored shirts	1 ___	Blankets	2 ___	Bug repellent	
Jackets	2 ___	Flashlight	1 ___	<u>Optional</u>	
Raincoat	1 ___	Extra batteries		Swim goggles	
Laundry bag	2 ___	Tissues		Sleeping Bag	
Water shoes/sandals	1 ___	Small fan		Musical Instrument	
				Rash guard/swim shirt	

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 Sessions 2 & 3 and possibly for star gazing during the 1-week sessions.*

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 Nejedra and may ONLY be worn for showering and the pool.

OPTIONAL

Storage container for foot of bed (3.5ft) or under bed (8-in clearance)
Fishing gear, Bicycle with helmet, Personal Sporting Equipment, Swim Goggles, Games and Books
While medical face masks are not required, you are free to send them to camp with your child.

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 (see CGM and Cell Phone Policy for exceptions); smart watches; rollerblades; skateboards; swim fins, swim masks, and snorkels; food, candy, gum; knives, axes, and all cutting tools; matches, sparklers, caps, etc.; cigarettes, vapes, valuables, and money.
NO INSULIN OR MEDICATIONS ARE ALLOWED IN CAMPER CABINS.

* - Mabel's Labels will donate 20% of your purchase to Camp Nejedra by using this link:
http://mabelslabels.ca/en_CA/fundraising/support