

Camp Hertko Hollow 2023 Packing List

The following packing list is intended as a guide for our SUMMER sessions (campers do not need every item on the list). Campers will store clothing and personal items in their cabins, under their beds. Clothing should be appropriate for camp activities, comfortable, and capable of getting wet and dirty without worry. Clothing with lewd or suggestive slogans/ language or references to alcohol or drugs will not be permitted.

Mark all clothing and personal items with camper's name in indelible ink.

Laundry facilities are not available at camp; please bring enough clothing and bedding to last the entire stay.

Campers are required to wear proper footwear (gym/walking or other shoes with closed toes) when participating in sports and other activities. Campers who are interested in horseback riding must bring long pants and closed-toe shoes.

Please do not pack expensive clothing, watches, or jewelry. The camp is not responsible for repair or replacement of lost or damaged items.

Certain items do not lend themselves to our surroundings and are better left at home. Therefore, the following items are not permitted at Camp:

- iPods / iPads
- Electronic games and devices
- Laptops
- CD players
- Radios
- Video cameras
- Money
- Gum
- Food from home
- Knives, weapons
- Drugs, alcohol, cigarettes
- Matches, lighters, candles, firecrackers
- Pets

Campers found with any of these items, or any item(s) that could cause harm to campers, staff or property will be confiscated and held in the Camp Office until check-out when they will be returned to the campers' parent/guardian.

Clothing

Please review this list carefully so your camper is adequately prepared for a variety of clothing needs. Some activities are very active, and campers may want to change clothes more than once each day.

- Socks (1-2 pair/day)
- Underwear (1-2 changes/day)
- Shorts
- Shirts, long and short-sleeved
- Pajamas
- Long pants/jeans
- Swim suit(s) – preferably a one piece, or a tankini
- Sweatshirt, sweater, jacket (evenings can be cool)
- Rain jacket/poncho for rainy weather

Footwear

Proper footwear is essential at camp. All campers will engage in outdoor and water activities (i.e canoeing, hiking, climbing wall, and team sports) and proper footwear is important for camper safety during these activities. Proper footwear is also part of good foot care.

Please be sure your camper brings at least two sturdy closed toe pairs of shoes to camp. Shoes should be capable of getting wet and dirty without harm.

Bedding and Towels

Camper cabins are outfitted with twin size bunk beds. Camp does not supply sheets, blankets or pillows. Campers must bring their own bedding.

- Sleeping bag or Sheets/Blanket(s) (twin size)
- Pillow
- Beach towels for swimming
- Washcloths & towels for showering
- Extra sheets and plastic sheets if needed; Camp staff will discretely launder wet bed linens if necessary.

Spending Money

Money should be brought to registration and deposited in the Camp Bank. Cash balances will be returned to camper's parents at the end of camp. Usual expenditures are \$20 – \$40. Spending money is used for stamps, postcards, diet sodas, logo items, etc.

Personal and Toiletry Items

Campers must bring their own toiletry and personal care items. These items are not available for sale in the camp store. Not all camper cabins have attached bathrooms. Campers may wish to bring a plastic container or caddy to carry items to and from the bathhouse.

- Toothpaste/Toothbrush
- Deodorant
- Comb & brush
- Sunscreen
- Shampoo and conditioner
- Soap & soap dish/box
- Insect repellent
- Feminine products
- Bathrobe
- If camper wears pull-ups to bed, please pack enough for your camper's stay. We do not stock this item at Camp.

Optional Items

- Laundry bag
- Sunglasses
- Playing cards
- Flashlight and batteries
- Diary/Journal, books, magazines
- Stationery, postcards, pen and postage stamps
- Camera (disposable preferred, marked with camper name)
- Fan (cabins are air conditioned)
- Cap or hat
- Props for "Arty" *(talent) show during week-long sessions (i.e. wig, face paint, song lyrics)

Medication and Diabetes Supplies

Diabetes Supplies: Camp Hertko Hollow will supply the following diabetes supplies for all campers during our SUMMER sessions (these supplies are not provided for Family Weekend or Teen Retreat). Please do not bring these items from home if your camper is attending Camp Hertko Hollow's summer sessions:

- Glucose meters
- Insulin
- Lancets
- Syringes
- Test strips
- Glucose tablets
- Alcohol swabs

(BUT, make sure you bring your own supplies for your ride to camp and ride home from camp).

Medications for Conditions Other Than Diabetes

If your camper takes medication for conditions other than diabetes, please bring enough for their stay at Camp.

- Prescription medication
- Over-the-counter medication

All Medications brought to camp must be in original containers.

Prescription medication must have original pharmacy label or written prescription from a physician.

Medications should be brought to camp in a clear plastic bag labeled with your camper's name.

Campers Using Insulin Pumps

Campers using an insulin pump must bring their own pump supplies (in labeled gallon size zip lock bag). Bring a set of reservoirs and an infusion set for each day you will be at camp. As well as batteries, insertion device, and pump manual.

Campers Using Continuous Glucose Meters (CGM)

Please read Camp Hertko Hollow's CGM policy. If your camper uses a CGM you will need to sign the policy that is included in the registration process.