

What to Bring: *for Summer Session STAFF*

*Staff will be given this year's Camp Leo T-shirt at check-in. We will have other awesome Camp Leo gear **for sale** at check-in, including sweatshirts!*

Necessities:

- Refillable water bottle
- Sleeping bag & pillow
- Walking shoes/sneakers
- Shower shoes
- A pair of sturdy hiking shoes for cabins who will be hiking
- Clothes for the number of days you will be at camp plus one day
 - Variety of clothing for warm days, chilly nights, & bedtime
 - Swimsuit
- Rain Gear
- Costumes for theme days/nights
- Toiletries (washcloth, soap, shampoo, toothbrush, hairbrush, toothpaste)
- Towels for showering and swimming
- Insect repellent
- Flashlight/batteries
- Hiking bag/backpack
- Alarm clock
- Several surgical face masks (or better – cloth not allowed), in the case of infectious disease response (they will not be required unless we need to implement our infectious disease response plan).
- Sense of Adventure!

Optional extras:

- Camera
- Climbing shoes for the rock wall
- Book/Journal
- Fun Games/Activities/Dress-Up
- Supplies for your cabin (expect 8-10 campers) Headlamp (ESPECIALLY FOR MEDICAL STAFF)
- Beverages or snacks. Food and snacks- including low blood glucose treatments- are provided by camp. If you would like to bring additional beverages or snacks you may only store them in staff break areas (NOT your cabin) and consume

them on break out of sight of the campers. Any food items with nuts must be stored and consumed in your personal vehicle.

MEDICAL SUPPLIES:

- All insulin, glucose meters, and test strips are provided FOR STAFF AND CAMPERS
- STAFF ON INSULIN PUMPS OR CGM NEED TO BRING A 2-WEEK SUPPLY OF INFUSION SETS, INJECTORS, PUMP RESERVOIRS, AND SENSORS (EXTRAS JUST IN CASE)

WHAT NOT TO BRING:

- Jewelry or other valuables
- Cell Phone Policy: While you may use your cell phone for a timepiece during the day and as an alarm clock, as well as a CGM receiver, cell phone use is otherwise discouraged.
- Alcohol, marijuana, tobacco products, illegal drugs, or weapons

For staff advised that they will be going on a full-day hike or overnight campout, we emphasize bringing a pair of hiking shoes or boots. Canvas sneakers do not provide enough traction or support to keep hikers comfortable and safe during the hike. Please remember to also bring a sleeping bag (NOT blankets and sheets), a daypack to carry gear and a sleeping roll if you have one.

THEME DAYS:

As part of the camp spirit, we do have themes for every day of camp. Your child is welcome to participate in this by dressing up, though we discourage buying costumes for this purpose. Instead, we encourage our staff and campers to creatively think about how they can repurpose costumes or clothing they already own to fit the theme. We also have lots of costumes available in our dress up bin to supplement what they bring with them.

HIGH SCHOOL CAMP

- Tropical or Beach Day
- Camo (Army Print)
- Superhero
- "Tux and Tails" Bring your "finest" for the end of camp party!
- Camp Shirt

MIDDLE SCHOOL CAMP

- Animals
- Tropical or Beach Day
- Movie Star
- Camp Shirt

ELEMENTARY SCHOOL CAMP

- Favorite color
- Backwards Day
- Camp shirt