

What to Bring: for LIT WEEKEND Campers

Necessities

- Refillable Water Bottle
- Sleeping Bag and Pillow
- Shoes
 - Sneakers
- Enough clothes for 3 days
 - Warm clothes (sweatshirts or jacket)
 - Long pants, long and short sleeved shirts
 - Rain gear
 - Extra socks and underwear (just in case)
 - Swimsuit for possible pool time (indoor pool)
- Towel
- Toiletries (washcloth, soap, shampoo, hairbrush, toothbrush, toothpaste, deodorant)
- Flashlight and extra batteries
- Backpack
- Sense of ADVENTURE!

Extras

- Alarm clock
- Camera
- Book/Journal
- Deck of cards, or other bunk games

Diabetes Medical Supplies

- DIABETES MEDICAL SUPPLIES ARE **NOT** PROVIDED AT LEADERSHIP TRAINING WEEKEND. PLEASE BRING ALL DIABETES SUPPLIES THAT YOU WILL NEED, INCLUDING
 - Meter, Strips, and Poner
 - Insulin Pen or Insulin Vial and Syringes
 - Insulin Pump Supplies WITH AT LEAST TWO BACKUP reservoirs or pump sites.
- Any other prescription or non-prescription medications in original bottles with clearly labeled name and instructions

WHAT NOT TO BRING:

- Food, beverages, or snacks. All food and snacks- including low blood glucose treatments- are provided.
- Jewelry or other valuables
- Electronics (including all cell phones, laptops, iPods, tablets, portable CD or DVD players, gaming systems, etc.) PLEASE NOTE THAT IF YOU CHOOSE TO BRING AN ELECTRONIC DEVICE TO CAMP IT WILL BE REMOVED FROM YOUR POSSESSION UNTIL THE END OF CAMP. CAMP LEO ACCEPTS NO RESPONSIBILITY FOR DAMAGE OR LOSS OF YOUR ELECTRONIC DEVICES.