



Diabetes D.E.S.T.I.N.Y.

Diabetes Exercise Strategies Together In Network with You

Extreme Weekend For Children With Diabetes

- Packing List -

CLOTHING

2 pair of jeans
3 pair of underwear
4 T-shirts
3 pair of socks
1 swimsuit
1 rain coat
2 shorts
1 pair of sneakers (required)
1 pair of water shoes/sandals

bedding - sleeping bag or sheets and blanket
pillow
pajamas
1 beach towel
bath towel/wash cloth (most forgotten item)
1 laundry bag

TOILETRIES

Toothbrush/toothpaste
Soap/Shampoo/Conditioner
Comb/Brush
Tissues
Chapstick
Q-tips
Sunblock/Aloe
Bug Repellant
Deoderant

EQUIPMENT

Flashlight/Extra Batteries
Water bottle

Meter and test strips will be provided. Pumpers need to bring 3 complete set changes for the weekend of camp. Insulin will be provided. Bring all non-diabetic medicine and put all into a gallon ziplock plastic bag with your camper's name on it.

Label your clothing will help protect against loss. Do not bring any expensive clothing or equipment to camp. Please pack your items in a duffel bag or suitcase with camper's name on every bag.



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CELL PHONES ARE NOT PERMITTED AT CAMP.