



Camp PossAbility Packing List

- **Camera** (mark well with your name); plan to take photos this year as Matt will be doing specific projects; cell phone camera is ok but phone should be turned to airplane mode
- Flashlight or headlamp
- **Hat**
- **Sunglasses**
- Backpack or bag for wheelchair—to carry change of clothes or swimsuit, water, sunscreen, cath supplies, etc.
 - *(you can also buy a gym sac at camp for \$10 that should work)*
- **Water bottle (2 preferred in case you lose one), label this well!**
- **Coffee thermos** *(or buy one at Camp for \$10)*
- Shorts—Not super short or super tight. No shorts or pants with words across the seat are to be worn at any time.
- **T-shirts—NO spaghetti straps or tight-fitting shirts. They must completely cover the belly**
- Swim suit
 - **FOR GIRLS:** Swimsuit and rashguard (swim suits should not be low cut or bikinis)
 - **FOR GUYS:** Swimming trunks (no Speedos!) and rashguard
- Tennis shoes or other closed toed shoes
- **Pool shoes (to prevent foot injuries) **REQUIRED**
- Socks (2 pairs/day)
- **Sleepwear (1-2 sets)**
- Underwear (2 pairs/day)
- Flexible Inspection Mirror (like this: <http://a.co/4bKqgLa>)
- **1 Bottle Tinactin Powder spray/1 bottle of Tinactin powder (or Nystatin) **REQUIRED**
- **1 bottle of shaving cream **REQUIRED (helps keep away “camp odor”)**
- **Electric razor (for GUYS—so you can keep neatly trimmed at camp)**
- Rain jacket or poncho
- **5 Large heavy duty black trash bags (if you have a power wheelchair)**
- **Jacket or sweatshirt (for evenings)**
- Ear plugs and/or sleep mask (optional)
- **Toiletries: toothpaste, toothbrush, shampoo, soap, deodorant, hairbrush/comb**
 - **FOR GIRLS:** Bring sufficient feminine products “just in case”
- Bedding: Sleeping bag and/or twin sheets with a blanket and pillow **REQUIRED
- **Towels and washcloths (at least two of each)**
- Formal dress clothes (for dance, optional)
- **Small amount of cash (for camp memorabilia, etc.); there will be a book signing on Tuesday night and books are \$20/each. If you need a specific amount, \$100 or less should cover any “extras” you might want**
- Hoyer sling (if you use a hooyer lift at home, please bring your sling and your shower sling)
- **Wipes (bring extra if you wear briefs or need bowel programs)**
- Hand sanitizer
- **Sunscreen (we suggest Blue Lizard brand)**
- Bug Spray (something with a HIGH concentration of DEET); bug spray is a MUST!
- **Protein snacks (for yourself or to share but must be in airtight plastic container), OPTIONAL**
- Script for antibiotic (preferably filled) in case of UTI (IF you use catheters but do not have antibiotic therapy)

- **Medication to produce bowel movement (daily stool softener, suppository, or whatever you typically use; make sure this is on medication sheet); constipation is an issue at camp because many people do not hydrate enough. If you have not had a bowel movement by Wednesday of camp, we will typically give a suppository to produce one. If that is not your preference, we encourage you to take a daily stool softener and drink LOTS of water while at camp!**
- Beverage of choice (if you do not drink water, tea, or lemonade), please bring drinks to hydrate. We do not have extra refrigeration but bring something that can be poured over ice; plan to drink a LOT at camp in order to prevent dehydration. Water is best or drinks without high amounts of sugar and caffeine.
- **Medications and medical equipment/supplies – ALL MEDICATIONS MUST BE IN PHARMACY LABELED BOTTLES. THIS INCLUDES HERBS & VITAMINS. THEY MUST BE IN THE ORIGINAL CONTAINERS (Please refer to the medication form)**
- PLEASE make sure you bring enough medical supplies for the week (catheters, lube, gloves, suppositories, chux pads, feeding tube supplies, diabetic supplies, inhalers, epi pens, etc. depending on your needs). If you use catheters, please bring one catheter per use to eliminate contamination while at camp. If you use needles (for insulin), you need to have one per use. Needles and catheters will NOT be reused at camp so your caregiver will have to come back to camp or arrange delivery if you run out. Catheters and needles will be counted before your caregiver leaves camp.

**There is a 2 bag limit due to space being limited (this does not include medical supplies).
Please mark all items with your name!**

You may also want to bring a copy of this list in your suitcase so that you can review it when REPACKING your items at camp. Camp PossAbility is NOT responsible for any lost items, so please try to keep track of what you bring!

What **NOT** to bring to camp:

Video cameras, expensive jewelry, large sums of money, and/or gum. If brought to camp, these items will be taken and returned at the end of the week. Alcohol, marijuana, cigarettes, tobacco and other nicotine products (other than patches), and any products containing peanuts are **NOT** permitted on the campus whatsoever and will **NOT** be returned. We are asking everyone (including volunteers) to be unplugged during the week of camp in order to promote healthy relationships, so if you choose to bring a phone to camp, you will need to turn it to "airplane mode." There are to be NO pictures or videos taken in cabins due to privacy needs.

Want to bring something you can donate to camp??

Check out our Amazon WishList: <http://amzn.com/w/T7QHNAF3KLJX>