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CAMP NOTACLOTAMONGUS STAFF PACKING LIST

REQUIRED PERSONAL ITEMS

- Pack your items in a suitcase or duffle bag
- Toothbrush & toothpaste
- Soap
- Shampoo
- Deodorant
- Lotion
- Comb or hair brush
- Chap stick or lip balm (with SPF 15)
- Pajamas or other sleeping clothes
- 3-4 PAIR shorts
- 2-3 PAIR long pants or sweats
- Belts, if needed for your pants
- 4 t-shirts
- 2 long sleeve shirts
- Sweatshirt
- RAIN COAT OR PONCHO
- Sunscreen (minimum SPF 15)
- Sunglasses
- Hat or cap to protect from sun
- Swim suit
- Swim goggles, ear plugs or nose plugs, if needed
- Large beach towel (for the pool/beach)
- 2 bath towels and wash cloths (for showers)
- 4 PAIR underwear
- 4 PAIR socks
- Tennis shoes
- Pool footwear (pool has rough surface)
- Flashlight, with fresh batteries
- Bring your favorite sleeping bag and pillow.

OPTIONAL PERSONAL ITEMS

- Fishing pole and gear
- Books for rest time or nighttime

MEDICAL SUPPLIES

- FACTOR CONCENTRATES**
 - Bring enough scheduled doses for the week plus one extra dose.
 - Bring your emergency dose if you do not routinely infuse.
- In you use **NOVO 7**, please bring mixing supplies.
- STIMATE NASAL SPRAY or DDAVP INJECTION**, if you use those drugs to treat your bleeding episodes
- ALL OTHER MEDICATIONS** you take, including vitamins, allergy meds, etc

REMINDERS

The campers have been warned:

ELECTRONIC DEVICES (iPods, game boys, CD players, etc) **ARE NOT ALLOWED AT CAMP!**

If possible, check to make sure that the families have **LABELED ALL ARTICLES OF CLOTHING AND PERSONAL ITEMS WITH CAMPER NAME**. This will make it easier for you to keep track of misplaced items.