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## **CAMP NOTACLOTAMONGUS CAMPER PACKING LIST**

### **REQUIRED PERSONAL ITEMS**

Pack your items in a suitcase or duffle bag

- Toothbrush & toothpaste
- Soap
- Shampoo
- Deodorant
- Lotion (if needed)
- Comb or hair brush
- Pajamas or other sleeping clothes
- 4 PAIR of shorts
- 2-3 PAIR of long pants or sweats
- Belts, if needed for your pants
- 4 t-shirts
- 2 long sleeve shirts
- Sweatshirt
- RAIN COAT OR PONCHO
- Hat or cap to protect from sun
- Swim suit
- Swim goggles, ear plugs or nose plugs, if needed
- Large beach towel (for the pool)
- 2 bath towels and wash cloths (for showers)
- 4 PAIR underwear
- 4 PAIR socks
- Tennis shoes and Pool footwear
- Flashlight, with fresh batteries
- Bring your favorite sleeping bag and pillow.

### **OPTIONAL PERSONAL ITEMS**

- Fishing pole and gear (label with your name)
- Books for rest time or nighttime
- Sunglasses

### **MEDICAL SUPPLIES**

- FACTOR CONCENTRATES**
  - Bring enough scheduled doses for the week plus one extra dose; **NO SUPPLIES!**
  - Bring your emergency dose if you do not routinely infuse; **NO SUPPLIES!**
- If 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** that are **PRESCRIBED** to you, **in RX bottle ONLY!**

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### **REMINDERS**

**ELECTRONIC DEVICES** are **NOT ALLOWED AT CAMP!** All devices will be removed from the cabins and kept in the Med Shed until the end of the week. **NO CELL PHONES** are allowed at camp! GHA and Living Well Village are not responsible for lost or stolen electronic devices including cell phones.

**LABEL ALL ARTICLES OF CLOTHING AND PERSONAL ITEMS WITH CAMPER NAME.** This will make it easier for staff members and counselors to keep track of misplaced items. GHA and Living Well Village are not responsible for any lost or stolen items. Please keep this in mind when you are packing your personal items.

*Thank you and we look forward to seeing you @  
Camp Notacлотamongus!*