

What to Pack for Camp

The following packing list is intended as a guide; campers do not need every item on the list.

1. Mark all clothing and personal items with camper's name in indelible ink.
2. Laundry facilities are not available at camp; please bring enough clothing and bedding to last the entire stay.
3. Campers are required to wear **proper footwear** (gym/walking or other shoes with closed toes) when participating in sports and other activities. Flip Flops and sandals are not considered proper camp footwear and may not be worn during camp activities.
4. Campers registered for horseback riding must bring long pants and closed-toe shoes.
5. Clothing should be appropriate for camp activities, comfortable, and capable of getting wet and dirty without worry.
6. Please do not pack expensive clothing, watches, or jewelry. The camp is not responsible for repair or replacement of lost or damaged items.
7. **The following items are not permitted at Camp:** cell phones, Blackberries, i-pods, i-phones, electronic games and devices, cd players, radios, televisions, laptops, video cameras, money, gum, food from home, matches, knives, weapons, lighters, candles, drugs, alcohol, and cigarettes. Campers found with any of these items, or any item(s) that could cause harm to campers, staff or property will be confiscated and held in the Camp Office until check-out when they will be returned to the campers' parent/guardian. Please refer to the camp rules and expectations for additional information.



What to Pack: Clothing

Campers participate in both indoor and outdoor activities each day. Some activities are very active and campers may want to change clothes more than once each day. All clothing should be appropriate for camp activities, comfortable, and capable of getting dirty without worry. Clothing with lewd or suggestive slogans/language or references to alcohol or drugs will not be permitted. Campers will store clothing and personal items in their cabins, under their beds, and in a small, shared closet. Camp does not have a luggage/trunk room. Please review this list carefully so your camper is adequately prepared for a variety of clothing needs.

- Socks (1-2 pair/day)
- Underwear (1-2 changes/day)
- Shirts, long and short-sleeved
- Rain jacket/poncho for rainy weather and one outfit specifically for wet and muddy outdoor conditions on a rainy-day. "Slicker hikes" are one traditional rainy day activity at Camp HMK.
- Dress-up outfit for banquet (12-day sessions). A polo or collared shirt & shorts is suggested for boys. Skirt, sundress, or shorts and shirt is suggested for girls. High heels, fancy or revealing clothing is not appropriate for the Banquet.
- Sweatshirt, sweater, jacket
- Swim suit(s)
- Long pants (jeans or slacks)
- Hat or visor
- Pajamas
- Shorts

What to Pack: Footwear

Proper footwear is essential at camp. All campers will engage in outdoor and waterfront activities (i.e boating, hiking, challenge course, and team sports) and proper footwear is important for camper safety during these activities. Proper footwear is also part of good foot care.

Please be sure your camper brings at least two pairs of shoes to camp.

- Shoes should fit properly and have closed toes
- Shoes should be capable of getting wet and dirty without harm.
- Most sporting good stores sell sturdy water shoes that can be worn on land and in water. These dry quickly and wash easily. It is highly recommended that campers bring a pair of water shoes to camp.
- Flip Flops and sandals are not considered proper camp footwear and may not be worn during camp activities. These are permissible only while showering or poolside. Campers may bring "cros" to Camp but these will not be permitted during most outdoor activities.

Footwear Packing Checklist:

- Shower /poolside footwear (i.e. cros)
- A pair of sturdy water shoes is highly recommended.
- Shoes, at least 2 pair (with closed toes, i.e. gym or walking shoes) capable of getting wet and dirty.

What to Pack: Bedding and Towels

Camper cabins are outfitted with twin size cots and mattresses. Camp does not supply sheets, blankets or pillows. Campers must bring their own bedding.

- Sheets (twin size)
- Blanket(s)
- Pillow
- Sleeping bag
- Washcloths & towels for showering
- Beach towels for swimming
- Extra sheets and plastic sheets if needed; Camp staff will discretely launder wet bed linens if necessary.

What to Pack: Personal and Toiletry Items

Campers must bring their own toiletry and personal care items. These items are not available for sale in the camp store. Camper cabins do not have attached bathrooms. Campers may wish to bring a plastic container or caddy to carry items to and from the bathhouse.

- Toothpaste
- Toothbrush
- Deodorant
- Shampoo and conditioner
- Soap & soap dish/box
- Comb & brush
- Feminine products
- Insect repellent
- Sunscreen
- Bathrobe (for showering or poolside)
- One 8-12 oz. **water bottle** clearly labeled with camper's name (**required**)
- If camper wears pull-ups to bed, please pack enough for your camper's stay. We do not stock this item at Camp.

What to Pack: Optional Items

- Laundry bag
- Sunglasses
- Playing cards
- Flashlight and batteries
- Diary/Journal, books, magazines
- Stationery, pen and postage stamps
- Sporting equipment (must be labeled with camper's name)
- Camera (disposable preferred, marked with camper name)
- Props for talent show during 12-day session (i.e. wig, face paint, song lyrics)

Medication and Diabetes Supplies

Diabetes Supplies: Camp Ho Mita Koda will supply the following diabetes supplies for all campers. Please do not bring these items from home:

- Insulin
- Glucose meters
- Instant glucose
- Lancets
- Syringes
- Test strips
- Glucose tablets
- Alcohol swabs
- Glucagon

Medications for conditions other than diabetes: If your camper takes medication for conditions other than diabetes, please bring enough for their stay at Camp.

- Prescription medication
- Over-the-counter medication

All Medications brought to camp must:

- All medications must be in original containers.
- Prescription medication must have original pharmacy label or written prescription from a physician.
- All medications should be brought to camp in a clear plastic bag labeled with your camper's name.
- Please make sure to include enough medication for your camper's entire session.

Campers using insulin pumps: Campers using an insulin pump must bring their own pump supplies:

- Batteries
- Reservoirs
- Infusion sets
- Inserters
- Pump manual
- Extra pump
- Other