

## CAMP HAMWI - WHAT TO BRING LIST

Camp clothing (T-shirts, shorts, jeans, etc.)  
(appropriate amount for a week stay)

Jacket or sweater

Raincoat

Pajamas

Underwear

Socks (Socks are not to be worn while canoeing)

Swim suit (modest) and towel

Flashlight & batteries

Pirate apparel (no swords or hooks)

River shoes (an old pair of tennis shoes or water shoes you don't mind getting wet with river water and mud)  
No one will be allowed to go canoeing without river shoes.

***Horseback riding requires long pants and closed toed hard soled shoes with heels.***

***Long pants are required for High Ropes/Zip Line*** \*Please mark all your items with camper's name

Empty laundry detergent and/or clean milk jugs with screw on lids

Gallon or larger watertight jugs for Junior week's Build a Pirate Ship activity

See additional things to bring under the Program Plans on pages 2 and 3

Extra shoes and socks (tennis shoes)

**\*socks & closed toe and heel shoes are worn at all times except to and from pool or shower house, (then flip flops or sandals may be worn)**

2 blankets and sheets or sleeping bag, pillow

Shower bucket (to carry things to bathhouse)

Soap, shampoo, towels and washcloths

Toothpaste and toothbrush

Paper & pen to write "warm fuzzies" to your friends

Junior week - A white shirt you do not mind getting decorated

Please adhere to the same guidelines for dress as your child's school allows.

**Inappropriate** camp attire may include, but is not limited to:

Excessively loose or low pants/shorts

Spaghetti Strap, Halter, or other revealing tops

Excessively short or tight shorts

Pajamas for daytime use

Offensive language/gestures on clothing

String bikinis or Speedo swimsuits

Thong underwear/swimsuits

**Camp Hamwi staff reserve the right to have your child change any clothing deemed inappropriate. This also includes the "dance" on Friday night of Senior Challenge.**

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OPTIONAL:

Book for leisure time      Camera (not part of cell phone, iPod, iPad/Tablet)      Stationery and stamps  
Empty detergent bottle for sharps      Fan (Cabins can be very stuffy if the weather is warm.)  
Extension cord

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**LEAVE AT HOME:**

Cell phones    Personal sports equipment    Expensive jewelry    Pocket knives    Silly String  
Radio/iPods/personal CD players      Blood Glucose Meter (unless it “talks to your pump)  
Game Boys    iPads/Tablets    Gum

**Central Ohio Diabetes Association/LifeCare Alliance DOES NOT TAKE RESPONSIBILITY FOR LOST ITEMS**

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STORE ACCOUNT

A store account is set up for each camper to allow them to purchase items at the camp store. The camp store sells stamps, stationery, Camp Hamwi souvenirs, personal items (you may have forgotten), diet soft drinks, etc. Parents may wish to deposit \$5-\$20 in camper's account for their store purchases. At the end of the week any remaining balance is returned at check-out.

**NOTE:**      **Camp Hamwi furnishes all diabetes medical supplies (insulin, syringes, etc.) with the exception of Symlin, Byetta, Victoza and supplies for insulin pumps. You do not need to bring any insulin or testing supplies from home. Pump supplies and other prescription medications (in their original bottle) MUST be brought from home. Please call the Central Ohio Diabetes Association office if you have any questions.**

LETTERS FROM HOME

Positive, fun and loving letters from home are always an exciting treat during camp. To write your favorite camper, here's the address:

Camper's Name  
Camp Hamwi  
18744 Turkey Ridge Road  
Danville, Ohio 43014

PROGRAM PLANS for 2019 Camp Hamwi

THEME: WILD WEST - bring costume (or stuff to make a costume)

**No weapons – real or fake!**

**Senior Week:**

**Game Night** – Activities played at night.

**Evening Swim** – Ending the day in the pool.

**Dance!** – End the week jamming with the DJ

**Junior Week:**

**Obstacle Course**

**Field Games** – Bring an extra pair of tennis shoes.

**Talent Show** – A spectacular show where you will share your terrific talent. Bring along your harmonica, guitar, juggling balls, ballet slippers, or whatever you need to participate.

**EMERGENCY MESSAGES OR LAST MINUTE CANCELLATIONS DURING CAMP PERIOD:**

Daytime call:                      Central Ohio Diabetes Association  
Weekdays: 8:30 a.m. to 5:00 p.m.  
614-884-4400

**DO NOT CALL CAMP!**