

# CAMP HAMWI - WHAT TO BRING

## What to Bring

Camp Clothing Appropriate for a week  
Jacket, Sweater, or raincoat  
Pajamas  
Socks and Underwear  
Swimsuit and Towel  
Flashlight and batteries  
River Shoes, closed toe (not Crocs)  
Long Pants for horseback riding  
Empty milk/laundry detergent jugs for sharps

Extra shoes and socks  
2 blankets, sheets, pillow and/or sleeping bag  
Shower bucket for bathhouse  
Soap, Shampoo, bath towel  
Toothpaste and Toothbrush  
Paper and Pen for warm fuzzies for your friends  
Diabetes Supplies  
Prescription Meds

**\*Do not bring clothes/shoes you are unwilling to get dirty, as we are at camp and will play outside rain or shine\***

## Optional

Book for leisure time  
Camera (not a smartphone)  
Stationary and Stamps  
Fan for Cabin  
Extension Cords  
Guitar  
Laundry Bag

## What NOT to Bring

Excessively loose or low pants/shorts  
Excessively short or tight shorts  
Offensive language/content on clothing  
Thong Swimsuits  
Revealing Tops  
Pajamas for daytime use  
String bikinis or Speedo swimsuits  
Expensive Jewelry  
Pocket Knives  
Silly String  
Radio/Ipods/music Players  
Video Games  
Ipads/Tablets



PLEASE MARK ALL ITEMS WITH CAMPER'S NAME

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

# 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-\$50 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 NPH, Symlin, Byetta, Victoza, any Type 2 meds and supplies for insulin pumps. You do not need to bring any insulin or testing supplies from home. Pump supplies, CGM 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. If the camper wants to, and they receive three pieces of snail mail or a package, they are encouraged to sing for their mail at dinner time. To write your favorite camper, here's the address:

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

