

Midwest Hemophilia Association
CAMPER PACKING LIST 2009
CAMP THEME: PIRATES OF THE WILDERNESS

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
- 4 PAIR shorts
- 2-3 PAIR long pants or sweats
- Belts, if needed for your pants
- 5 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)
- 5 PAIR underwear
- 5 PAIR socks
- Tennis shoes and Pool/Beach footwear
- 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: PLEASE READ & KEEP FORM

****ELECTRONIC DEVICES (iPods, game boys, walkmans, CD players, etc) ARE NOT ALLOWED AT CAMP!** All devices will be removed from the cabins and kept in the Health Center until the end of the week. **NO CELL PHONES** are allowed at camp! MHA and Wilderness Retreat and Development Center are not responsible for lost, broken 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. Midwest Hemophilia Association and wilderness Retreat and Development Center are not responsible for any lost or stolen items. Please keep this in mind when you are packing your personal items.