



Diabetes D.E.S.T.I.N.Y.

**Diabetes Exercise Strategies Together In Network with You  
Extreme Weekend For Children With Diabetes**

- Packing List -

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**CLOTHING**

2 pair of jeans  
3 pair of underwear  
4 T-shirts  
3 pair of socks  
1 swimsuit  
1 rain coat  
2 shorts  
1 pair of sneakers (required)  
1 pair of water shoes/sandals

bedding - sleeping bag or sheets and blanket  
pillow  
pajamas  
1 beach towel  
bath towel/wash cloth (most forgotten item)  
1 laundry bag

**TOILETRIES**

Toothbrush/toothpaste  
Soap/Shampoo/Conditioner  
Comb/Brush  
Tissues  
Chapstick  
Q-tips  
Sunblock/Aloe  
Bug Repellant  
Deoderant

**EQUIPMENT**

Flashlight/Extra Batteries  
Water bottle

Meter and test strips will be provided. Pumpers need to bring 3 complete set changes for the weekend of camp. Insulin will be provided. Bring all non-diabetic medicine and put all into a gallon ziplock plastic bag with your camper's name on it.

Label your clothing will help protect against loss. Do not bring any expensive clothing or equipment to camp. Please pack your items in a duffel bag or suitcase with camper's name on every bag.

**CELL PHONES ARE NOT PERMITTED AT CAMP.**