

BERKS T1D CONNECTION FAMILY CAMP PACKING LIST

Note: Please limit one suitcase/duffle bag per person that you can carry.
 (South Mountain YMCA and/or Berks T1D Connection cannot be responsible
 or accept liability for a camper's possessions.)

Due to elevation, expect temperatures to be approx. 5-10 degrees cooler on the mountain.

ITEMS WE WILL PROVIDE	**ITEMS ABSOLUTELY PROHIBITED**
Log Cabins	Alcohol
Twin Bunk Beds and Mattress	Drugs
Clean Shower Facilities	Weapons of any kind (guns, knives, archery equipment, etc.)
Food & Beverages	Pets
Electricity	Open-toed shoes (sandals, flip-flops, etc.)
ITEMS FOR USE DURING BREAKS/FREE TIME	
MP3/Ipod/Ipad/Tablet/Laptop	
Cell Phone & Charger	
ITEMS TO PACK	
<i>CLOTHING ITEMS</i>	<i>MEDICAL</i>
Pajamas	Enough glucose for the weekend
Shower Shoes	Glucagon
Closed Toed-Walking Shoes and/or Sneakers	Meter/testing supplies
Extra Socks	Motrin/Aspirin
Extra Underwear	Cough Drops
Raincoat or Poncho	Antihistamine/Benadryl
Hat or Hood	Tissues
Jeans	Any required medications for your family members
Shorts (weather permitting)	Bug Spray
Both Short/Long Sleeved shirts	Lip Balm
Lightweight jacket/sweatshirt	<i>GENERAL ITEMS</i>
Gloves (if necessary)	Sunglasses
<i>TOILETRIES</i>	Flashlight (with good batteries)
Bath Towel and Washcloth	Pillow(s)
Soap Shampoo and Deodorant	Twin Bed Sheets (if not using sleeping bag) & blanket
Comb or Brush	Sleeping Bag
Blow Dryer	Back Pack or Bag to Carry Items to Cabin
Toothpaste and Toothbrush	Alarm Clock (if you don't have one on your smart phone ☺)
Eye Care-(glasses, contacts, saline)	Camera
Water Bottle	

**** If anyone brings any items on the prohibited list, they may be withdrawn from further participation
 in the program without refund.****