

CAMP HUG SUPPLIES YOU NEED TO BRING

PLEASE KEEP THIS PAGE ~ DO NOT RETURN IT WITH YOUR PAPERWORK.

It is essential that your children **arrive and depart** Camp HUG at the **scheduled times in order to receive the maximum benefit from this camp experience.**

VERY IMPORTANT: Each child needs to bring an item or memento that is special to the memory of their loved one. This might be a picture or object they gave them that is a special treasure. It should be small enough to fit in a shoebox.

Suggested Clothing: It can be very warm in the afternoon and very cool in the morning and evenings at Eagle Lake, so bring clothing suitable for both temperatures.

- Sweater
- Sturdy tennis shoes
- Underclothing for 2 days
- Shirts, pants, shorts for 2 days
- Don't forget your socks!
- Warm sleepwear
- Sandals or water shoes for the lake
- Hat (especially for those sun sensitive)
- Bathing suit and cover-up (optional)

Suggested Bedding: Each child will have their own bunk in a cabin that sleeps up to 13. Each cabin has it's own toilet, sink and electricity. Each cabin is staffed with at least two Cabin MOMS or Cabin DADS.

- Sleeping bag or bedroll (sheets and blankets work fine)
- Quilt or extra blanket (it can get chilly at night!)
- Stuffed sleeping buddies are welcome!
- You may want to bring a flashlight.

There is lighting, but some areas may be difficult to see in at night.

Suggested Toilet Accessories: There are separate shower houses for boys & girls, which include 4 shower stalls, 4 toilet stalls, and 4 sinks. And for those of you who can't leave home without them, electricity for your blow dryers.

- Towels & washclothes for 2 days
- Soap
- Brush/Comb
- Sanitary needs
- Beach towel
- Shampoo
- Toothbrush & toothpaste

PLEASE NOTE: No Electronic (i.e. iPods, iPads, Walkmans, CD players, Gameboys, etc.) as they detracts from the focus of the camp. Campers can bring cell phones, but service is rarely available in this area. If your child is already keeping a journal, they may want to bring it to camp. Journaling is strongly encouraged.

ABSOLUTELY NO ENERGY/POWER DRINKS ALLOWED!

BE SURE TO SEND ANY MEDICATIONS THAT YOUR CHILD IS TAKING. THEY WILL BE TURNED OVER TO OUR REGISTERED NURSE WHO WILL OVERSEE AND DISTRIBUTE THEM TO YOUR CHILD AS PRESCRIBED.