



indian  
trails  
camp

**What to bring to overnight camp**

ALL items must be labeled with camper's first and last name, including their water bottle! Please feel free to turn this list in to cabin staff. We encourage campers to bring items which promote independence, adaptability and assist in providing a quality stay.

Check IN is from 4:00-5:00 pm and check OUT is from 10:00-11:00 am (11:00 am at the latest)

Suggested items	How many?
<b>Special equipment</b>	
Wheelchair, braces, walker, etc If used by the camper	
Hearing aids and extra batteries if needed	
Communication device with charger & password, if needed	
Bedpan, commode, urinal if needed	
Hoyer lift with sling, if needed	
Adaptive eating equipment, if needed	
Tools for helping to calm or soothe camper if needed	
Other:	
<b>Clothing remember that Michigan weather varies</b>	
Pants	
Shorts	
Sweatshirts	
T-shirts	
Raincoat or winter gear	
Shoes (tennis shoe & sandal suggested)	
Pajamas	
Underwear	
Socks	
Outfit for a casual dance	
<b>Personal water bottle - REQUIRED</b>	
Other:	

<b>Personal items</b>	
Toothbrush	
Toothpaste	
Deodorant	
Comb or hair brush	
Sunglasses	
Lotion	
Shaving equipment	
Eyeglasses, if needed	
Insect repellent	
Sunscreen	
Menstrual hygiene products	
Depends or briefs if needed	
Washcloths	
Pillow	
Bag for dirty laundry	
Other:	

**Have all medication available at check in. Do not pack it in luggage.**

All medication must be marked in the original container. Campers will not be allowed to attend camp without original containers/script.

*Bring enough medication to last the duration of the camp session and extra.*

If the camper takes medication at home for constipation, please include it with the camper's other medications.

**Please pack toiletries and any needed electronic devices/chargers in separate bags as these items can't be in luggage during heat treatment.**

**DO NOT BRING**

Alcohol, drugs, weapons, or animals (except for service dogs)

Any personal sports equipment

Phones and electronic devices that can be distracting at camp (unless needed for sleep, communication, or de-escalation). NOTE: ITC is not responsible for damage or loss of any devices.

If needed, please ensure charger and password are packed.

**HEAT TREATMENT**

In order to prevent the introduction of bed bugs, Indian Trails Camp will be heat treating all luggage and bedding of campers and counselors prior to items being brought to the cabins. Please ensure that all personal items such as food, toiletries, medications and electronics are brought to camp in a labeled plastic-based tote bag separate from camper luggage and bedding. If camper and/or counselor items do not survive the 140-degree temperature, Indian Trails Camp is not liable for any items damaged during the heat treatment process.