

## **What to Bring: *for LIT WEEKEND***

### **Necessities**

- Refillable Water Bottle
- Sleeping Bag and Pillow
- Shoes, preferably sneakers
- Enough clothes for 3 days
- Warm clothes (sweatshirts or jacket)
- Long pants, long and short sleeved shirts
- Rain gear
- Extra socks and underwear (just in case)
- Towel
- Toiletries (washcloth, soap, shampoo, hairbrush, toothbrush, toothpaste, deodorant)
- Flashlight and extra batteries
- Hiking bag or daypack
- Sense of ADVENTURE!

### **Extras**

- Alarm clock
- Camera
- Book, drawing materials, journal, deck of cards or other bunk games.

### **Diabetes Medical Supplies**

- DIABETES MEDICAL SUPPLIES ARE **NOT** PROVIDED AT LEADERSHIP TRAINING WEEKEND. PLEASE BRING ALL DIABETES SUPPLIES THAT YOU WILL NEED, INCLUDING
  - Meter, Strips, and Poner
  - Insulin Pen or Insulin Vial and Syringe
  - Insulin Pump Supplies WITH AT LEAST TWO BACKUP reservoirs or pump sites.
  - Any other prescription or non-prescription medications in original bottles with clearly labeled name and instructions.

### **WHAT NOT TO BRING:**

- Food, beverages, or snacks. All food and snacks- including low blood glucose treatments- are provided.
- Jewelry or other valuables
- Electronics (including all laptops, iPods, tablets, portable CD or DVD players, gaming systems, etc.) PLEASE NOTE THAT IF YOU CHOOSE TO BRING AN ELECTRONIC DEVICE TO CAMP IT WILL BE REMOVED FROM YOUR POSSESSION UNTIL THE END OF CAMP. CAMP LEO ACCEPTS NO RESPONSIBILITY FOR DAMAGE OR LOSS OF YOUR ELECTRONIC DEVICES.