

What to Bring: For Summer Session STAFF

Staff will be given this year's Camp Leo T-shirt at check-in. We will have other awesome Camp Leo gear for sale at check in, including sweatshirts!

NECESSITIES

- Refillable Water Bottle
- Sleeping Bag and Pillow
- Shoes
 - Shower Shoes/Flip Flops
 - Sneakers
 - One pair of sturdy, close-toed hiking shoes with no-slip or traction bottoms (Converse/Vans or similar canvas sneakers are NOT sturdy enough for hiking)
- Enough clothes for 6 days (4 elementary)
 - Warm clothes for evening campfires and bedtime (sweatshirt or jacket)
 - Shorts, long pants, long and short sleeved shirts
 - Rain gear
 - Extra socks and underwear (just in case)
- Costumes for Theme Nights
- Two towels (one for swimming, one for showers)
- Swim suit
- Sunscreen
- Toiletries (washcloth, soap, shampoo, hair brush, toothbrush, toothpaste, deodorant)
- Insect repellent/bug spray
- Flashlight and extra batteries
- Hiking bag or daypack
- Watch or other timekeeping device
- Alarm Clock
- Sense of ADVENTURE!

OPTIONAL EXTRAS

- Camera
- Climbing shoes for the rock wall
- Book/Journal
- Fun Games/Activities/Dress-Up Supplies for your cabin (expect 8-10 campers)
- Headlamp (ESPECIALLY FOR MEDICAL STAFF)
- Beverages or snacks. Food and snacks- including low blood glucose treatments- are provided by camp. If you would like to bring additional beverages or snacks you may only store them in staff break areas (NOT your cabin) and consume them on break out of sight of the campers.

MEDICAL SUPPLIES

- All insulin, glucose meters, and test strips are provided FOR STAFF AND CAMPERS
- STAFF ON INSULIN PUMPS OR CGM NEED TO BRING A 2-WEEK SUPPLY OF INFUSION SETS, INJECTORS, PUMP RESERVOIRS, AND SENSORS (EXTRAS JUST IN CASE)

WHAT NOT TO BRING:

- Jewelry or other valuables
- Cell Phone Policy: Your cell phone will not have service up at Camp Berachah. While you may use your cell phone for a timepiece during the day and as an alarm clock, cell phone use is otherwise discouraged.
- Alcohol, marijuana, tobacco products, illegal drugs, or weapons

FOR 8TH GRADE CABIN STAFF

The staff for our 8th grade cabins will be going on an full-day hike and overnight campout. For all staff for the 8th grade cabins we emphasize bringing a pair of hiking shoes or boots. Canvas sneakers do not provide enough traction or support to keep hikers comfortable and safe during the hike. Please remember to also bring a sleeping bag (NOT blankets and sheets), a daypack to carry gear and a sleeping roll if you have one.