

## What should campers bring to Ski Camp

Campers should bring the following items:

1 pair STURDY shoes	4 pair socks
SLEEPING BAG	Gloves for skiing
PILLOW	Hat for skiing
Heavy coat for skiing	Lip salve
Dirty clothes bag	T-shirts
Soap & shampoo	Sunscreen
Toothbrush & paste	Brush/comb
Long pants (at least two)	Lightweight socks
Underwear	Pajamas
Insulin and syringes	Pump supplies (if you have an insulin pump)
Test record	Blood sugar meter/strips
Skis or Snowboard (unless you're renting equipment)	2 Bath towels

If you bring Game Boys, electronic toys, etc., label them carefully. These items are easily lost. (Camp Hodia is not responsible for lost items.) Please keep makeup to a minimum.

The following items are absolutely **NOT allowed** at camp by any camper or staff. Your participation at Camp Hodia means you agree to this:

matches	lighters
fireworks/firecrackers	guns
knives	weapons
dangerous toys	weapon-like toys
pornographic material	tobacco
alcohol/drugs	CDs or tapes labeled with "Parental Advisories"

**NOTE:** All food and snacks are provided at camp. Please do not bring extra goodies.