



indian  
trails  
camp

### What to Bring to Overnight Camp

ALL items must be labeled with camper's 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 3:00-5:00 pm and check OUT is from 10:00-11:30 am (no later than 11:30am)\*

*\*Summer 2021: please ensure you arrive during your assigned check-in and check-out time*

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 w/ charger and password if needed	
Bedpan, commode, urinal if needed	
Hoyer lift w/ sling if needed	
Adaptive eating equipment, if needed	
Tools for helping to calm or soothe camper if needed	
Other:	

**Clothing** remember that Michigan weather varies

Pants	
Shorts	
Sweatshirts	
T-shirts	
Raincoat or winter gear	
Shoes (tennis shoe and sandal suggested)	
Pajamas	
Underwear	
Socks	
Outfit for dance (If it is a dance week)	
<b>Personal Water bottle - REQUIRED</b>	
<b>Face covering/mask (1 for each day of attendance) - REQUIRED</b>	
Other:	

Suggested items	How many?
<b>Swim equipment</b>	
Swim suit	
Any special flotation devices the camper prefers to use	
Ear plugs, if needed	
Goggles, if needed	
Rubber pants, if camper is incontinent	

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

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

All medication must be marked in the original container

*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 (plus chargers) in separate bags.** These items cannot be in luggage during heat treatment.

**During summer only,** the Canteen (camp store) will be open. Campers may bring money for ITC apparel, snacks, drinks, and other fun camp items. Money must be turned in during check-in OR paid in advance as we will not be exchanging it in the store.

#### 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)\*

\*IKUS Life Enrichment is not responsible for damage or loss of any electronic devices