

The Barton Center for Diabetes Education, Inc.
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ADVENTURE PROGRAM PACKING LIST

Trip equipment like tents, cooking gear, boats, and life jackets is supplied by Venture Outside.

Please bring the following required items to camp with you in a duffle bag:

- 1 day pack or camelback (big enough to hold lunch, raingear and 2 water bottles)
- 2 synthetic long underwear tops
- 2 synthetic long underwear bottoms
- 1 lightweight, but warm jacket
- 3 non-cotton long pants
- 5 non-cotton t-shirts (poly pro, quick drying/moisture wicking)
- 3 non-cotton long sleeve shirts (quick-drying, flannel, or fleece)
- 4 shorts (quick drying fabric)
- 1 waterproof rain jacket and rain pants
- 14 underwear
- 14 pairs of socks—wool or synthetic or blend (Please leave all cotton socks at home.)
- sock liners (optional—these can be worn under your main socks to reduce friction and blisters)
- 1 winter hat and gloves
- 2 swimsuits
- 1 small flashlight and extra batteries
- 1 sleeping bag (30° suggested)
- 1 sleeping pad
- small camping pillow
- 1 pair of sunglasses with retainer
- 1 wide brimmed hat or baseball cap
- insect repellent (non spray)
- sunscreen (30 SPF minimum)
- Essential!** 2, 32 oz. spill-proof, reusable water bottles
- 1 toothbrush
- small tube toothpaste
- biodegradable soap (like Dr. Bronner's)
- 1 beach towel or 1 bath towel
- small, light-weight pack towel that will dry quickly (found in outdoor stores and online)
- light-weight washcloth that will dry quickly
- 1 large plastic bag or garbage bag for wet or dirty laundry
- 1 comb/brush
- 1 pair of water shoes with straps that stay on or old sneakers that can get wet
- 1 pair of hiking boots with ankle support—must fit well and be broken in
- 1 pair of crocs or comfortable shoes to wear around campsites
- pump users – supplies and batteries (twice as many as you think you need)
- CGM users – enough sensors for trip plus 1-2 extras
- any prescription medications, except diabetes supplies
- hygiene supplies
- mess kit (reusable bowl, cup, fork, knife and spoon)
- camera (optional)
- small, thin journal or notebook

- small amount of cash for souvenirs (optional, at parents' discretion)

What Not to Bring—Please do NOT bring the following items to camp:

- large amounts of cash
- excessive jewelry
- electronic games
- MP3 players, ipods, radios, CDs
- cell phone unless being used for diabetes management only/beeper/computer/2-way radios (walkie talkies)
- pocket knives
- cigarettes/nicotine delivery systems/drugs/alcohol/marijuana (Possession of these items will result in camper being sent home. They are illegal and will not be tolerated. Possession of such items may result in the local authorities being notified.)
- food—No food should be brought to camp or kept in the tent or in a backpack during the trip as this may encourage bears, squirrels, mice, raccoons, or skunks to chew through your tent or backpack.

IMPORTANT NOTE:

Notice that the most often repeated statement on this packing list is, "**NON-cotton.**" There is a common saying in the outdoor community that "cotton kills." There is absolutely nothing wrong with wearing cotton when you can stay dry and warm. The problems occur when cotton gets wet, and, because of rain, sweat and accidental "swims" it is much harder to stay dry than most people think. The reason for the saying has to do with moisture management in cold and cool conditions. Because cotton holds so much moisture and does not dry quickly, it can hold that moisture against your body and suck body heat from you in a process called conductive heat loss. This can quickly lead to life-threatening hypothermia. Wet cotton also becomes abrasive and can cause pack sores and blisters. These problems can be avoided altogether with the right clothing.

Please Note:

Campers will also be responsible for carrying group gear in addition to their own supplies.

Luggage space is extremely limited, so please do not bring additional clothing not in the above list. **Remember that you will have to sleep in a tent with everything that you bring, so THINK LIGHT!** There WILL be 1 opportunity to do coin-operated laundry halfway through the trip. Twelve quarters are helpful to have.

We will Provide:

Diabetes supplies including insulin, syringes, insulin pens, lancets, blood monitoring supplies, and treatment for low blood glucose. (IF YOU WEAR AN INSULIN PUMP, PLEASE BRING EXTRA SUPPLIES AND BATTERIES. If you use a CGM, bring extra sensors.)

Questions:

Everything on this list serves a specific and important purpose. If you have any questions or concerns, please feel free to call Barton Center staff at 508-987-2056, Ext. 2000 or email info@bartoncenter.org.