

**UTAH HEMOPHILIA FOUNDATION
CAMP VALOR 2011
CAMP GEAR AND CLOTHING CHECKLIST FOR CAMPERS**

The parent/guardian of each camper must deliver the completed and signed medical form to the Medical Staff at check in on Monday, August 1st from 5-7 p.m. Campers without the signed form will not be allowed in camp – NO EXCEPTIONS.

- Sleeping Bag
- Pillow
- Towel(s)/Washcloth(s)
- Soap
- Toothbrush/Toothpaste
- Comb/Brush
- Shampoo
- Pajamas
- Kleenex
- Marked sack for dirty clothing
- Camera/Film
- Flashlight/Batteries
- Canteen/Water Bottle
- Any other prescription meds.
- 1-2 Long-sleeved shirts
- Short-sleeved shirts/tee-shirts
- 1-2 pair long pants
- Shorts
- Jacket
- Socks (and *please* change them!)
- Tennis shoes
- Raincoat/Poncho (or something to keep you dry when it rains)
- Hat
- Swimsuit
- Sunscreen (SPF30+)
- Clothes or costumes to go with theme (optional)

DON'T FORGET TO BRING YOUR:

- * Smile
- * Great Attitude
- * Willingness to try new things
- * Sense of adventure!

- **Please identify each article with your name**
- **If you are on prophylaxis treatment you will need to bring enough of your own concentrate for a week.**
- **Do not bring pets, candy or any goodies**
- **Do not bring portable music players, iPods, etc.**
- **No firearms, knives, lighters, matches, fireworks, firecrackers, etc.**

