



CAMP SPIRIT COLORADO 2025

A WINTER ADVENTURE CAMP FOR CHILDREN WITH RDEB

LOCATION: YMCA OF THE ROCKIES - GRANBY, COLORADO

DATES: February 22 - 27, 2025

What to Bring - Packing List

MEDICAL SUPPLIES - VERY IMPORTANT

- Medication for 6 days
 - **Please be sure to send all medications with the camper in the original prescription bottles/containers. Prescription medications must come in a container with Child's name, Pharmacy name and phone number included on the label.**
- Any other supplements or routine medications (vitamins, over the counter medications, supplemental nutrition, e.g. Boost) for 6 Days
- Daytime Bolus feeds (pump, charging cord and feeding bags) for 6 days
- Nighttime drip nutrition for 5 days
 - Extra extension tubing and G-Tube button (if you have one)
 - IV Pole (if you have one and it's convenient to travel with it)
- Dressings for 5 days

CLOTHING AND CARE - IMPORTANT

- **Outdoor Clothing - Very warm clothes for outdoor activities (ski, snowmobile, dogsled); layers are important to adapt to the various temperatures.**
 - Parka, snow pants, poly pro or thermal long underwear (tops and bottoms),
 - Sweaters (sweatshirt or fleece), turtlenecks or other long sleeve shirts
 - Fleece neckie, or ski mask gator
 - Warm thermal socks (3-4 pair)
 - Warm boots
 - Waterproof mittens or gloves (not wool)
 - Warm hat that covers ears
 - If they want to wear a hat under their ski helmet, it can't have ears or other large decorations.
 - Snow Goggles and/or sun glasses with UV protection

- **Inside Clothing – 5 Days - Comfy clothes to wear in the cabin**
 - Sweatpants, sweatshirts, T-shirts
 - Sleepwear and underwear
 - Comfy/Fuzzy socks (we mostly are in socks when inside)
 - Indoor shoe (sneaker or whatever is comfortable)
 - Personal/Toilet articles (toothbrush/toothpaste, brush, etc.)
 - Plastic bag for very wet or dirty clothes
- **Other**
 - Water bottle
 - Sunscreen and lip balm SPF 30
 - Returning campers, bring string pack for goggles, gloves, etc. New campers will be given one.

RECOMMENDED

- Name written on all belongings
- A comfort blanket, or sleeping bag, and a favorite pillow (the Y does supply blankets and pillows, but your child may want his/her own)
- Masks (for and during traveling through the airport)
- A musical instrument (if they play one)
- A favorite game of theirs (e.g. Playing cards, etc.)
- Camera or smart phone – **PLS REVIEW OUR TECHNOLOGY/SCREENTIME POLICY**
 - We allow technology devices (iphones/ipads, Nintendo switch, etc.) to be used during camp; however, we believe in the responsible use of these technology including adhering to the acceptable use principles:
 - Calling home/parents to say hello and keep in touch (as necessary)
 - Playing games that are collaborative with other campers
 - Taking pictures/videos to capture the moment/memory
 - Taking some downtime/alone-time to decompress or if needed to relax prior to bedtime
 - Watching videos/shows during bandage changes as an aid to pain management
 - **Our goal is to keep the campers engaged with each other throughout their time at camp in order to build camaraderie, gain confidence and independence. If we believe a camper is not following these Technology Principles, we will work with them to limit screentime accordingly.**

OPTIONAL

- A few Favorite snacks (in case we don't have them)
- Flashlight
- Small amount of spending money for gifts and souvenirs

BEST LEFT AT HOME - The cabins do lock, and we do not expect other people to come in, but security can't be guaranteed.

- Jewelry
- Anything of value (monetary or sentimental)