California Hands & Voices

Inland Valley DHH & Microtia Atresia Family Camp

Camp Round Meadow in Angelus Oaks, CA

 Camping Checklist

|  |  |  |  |
| --- | --- | --- | --- |
|   | Twin Size Fitted Sheet (1 per camper)  |   | All-weather Clothes  |
|   | Sleeping Bags  |   | 80’s Outfits  |
|   | Blankets  |   | Light Jackets or Sweaters  |
|   | Pillows  |   | Earplugs  |
|   | Shampoo & Conditioner  |   | Tennis Shoes  |
|   | Bodywash  |   | Ice Chest  |
|   | Washcloths  |   | Drinks & Snacks  |
|   | Shower Flip-flops  |   | Flashlights  |
|   | Towels  |   | Camera  |
|   | Toothbrush/Toothpaste  |   | Extra Batteries for Flashlight/Camera  |
|   | Deodorant  |   | Beach Bag  |
|   | Body Lotion  |   | Fold-up Lawn Chairs  |
|   | Hairbrush  |   | Polarized Sunglasses  |
|   | Hair Products  |   | Reading Glasses  |
|   | Sunscreen  |   | Prescribed Medication  |
|   | Bug Repellent  |   | Cell Phone Charger  |
|   | Aloe Vera  |   | Board Games  |
|   | Swim Towels  |   | Playing Cards  |
|   | Swimsuits  |   | Hearing Aids & Extra Batteries  |
|   | Life Vest/Goggles  |   | Cochlear Implants & Charger  |
|   | Swimming Diapers  |   | Portable FM System  |

Know Before You Go:

Tips & Rules for Camping

* Gear up: Stick to absolute essentials and leave the fancy extras at home.
* Chow down: Granola bars, beef jerky, and trail mix are all great camping snacks.
* Dress for success: Pack accordingly for day and night.
* Keep clean: Use baby wipes to clean off dirt and carry a small hand sanitizer.
* Stay safe in the sun: Slather on sunscreen and drink plenty of water to avoid dehydration.
* ONLY service animals are allowed at camp, so leave your fur babies at home.
* Open toe shoes are PROHIBITED (sandals, flip flops, etc.)
* Smoking is NOT allowed ANYWHERE on the premises.
* Beware of Black Bears! Keep campgrounds clean and do not leave food outside.