



2024 Camp Happy Times Packing List

Use this checklist as a helpful tool when packing for Camp Happy Times.

Please provide your child with sufficient items for 6 Days and 7 Nights

If any of these items presents a problem, please do not hesitate to contact your social worker or the CHT Camp Director, 201-618-4989 or mruttler@thevaleriefund.org

****Do not bring any valuables such as money, cell phone, iPad, laptop, jewelry, headphones, video games or other expensive items to camp. Camp Happy Times and the Valerie Fund are not responsible for lost or stolen valuables. CHT will be collecting all valuables and storing them in a safe place until the end of the week. Campers will be required to turn items in INCLUDING cell phones to the Camp Director. If parents need to reach our Camp Director during camp, please call 570-224-4131. Campers are not allowed to call home during the week.**

Medication

- Sufficient supply of each prescription medicine as prescribed by the child's physician. **Vitamins and herbal supplements are discouraged unless specifically prescribed by a physician.** Do not send Tylenol or Motrin, as they are available in the infirmary and issued at the discretion of the licensed camp physician.
- Please do not place medication in day-to-day pillboxes as these boxes are prone to opening during travel. However, please feel free to write a note to the nurse about the medications and your child's medication schedule.
- Schedule for each day that the child will be at camp - including the name, dose and how frequently each medicine is to be taken as prescribed by the camper's physician.
- Sufficient supply of any Intravenous or Intramuscular medications, tubing, adapters or bags including instructions that may be needed for applicable medical devices (G-Tubes, Colostomy Bags, TPN, etc...).
- If your child mixes their medication with something specific, please provide enough for the entire week or let us know of the specifics, i.e., blueberry applesauce, red Gatorade, etc.
- If medication needs to be refrigerated, please send in a cooler bag or with an ice pack.
- **Clearly label all medication and supplies with the camper's name, name of medicine with its strength and the times that it needs to be administered to your child at camp.**
- **If you need to reach your child's nurse during the week of camp, please call 570-224-4131 and ask to be transferred to the Infirmary.**
- **If your child has any food concerns that we will need to accommodate, please let us know in advance. If you are sending your child with any food items, also let us know or include in a note describing your child's needs in a note that we can share with his/her counselor.**

Clothing *Please make sure that the camper's name is marked on every article of clothing and label the suitcases. Please pack extra sweatshirts or pants in case they get wet.

- T-shirts (short and long sleeve)
- Shorts
- Sweatpants/jeans (keep in mind that it can be 40° at night)
- Sweatshirts/sweaters (it gets cold at night and early morning)
- Socks/underwear (at least 10 pairs of each)
- Hat(s)/bandanas
- Sleepwear

- Sneakers, sturdy shoes for the climbing wall (no open toe shoes)
- Raincoat/Poncho and rain boots
- Swimsuits (two piece suits are **NOT** allowed)
- Small backpack to carry change of clothes/ suntan lotion/towel for activities
- Camp Happy Times t-Shirts/sweatshirts from previous years (If too small, they can be shared with new campers)

Bedding

- Pillow and pillowcases
- Sleeping bag and one blanket OR two sheet sets and two blankets. All beds are twin size.
- **If your child wets the bed at night, please be sure to send additional bedding in the event of an accident (CHT will wash any soiled clothing/bedding as needed)**

Toiletries

- Toothbrush and toothpaste
- Hairbrush/Comb
- Soap (and washcloth)
- Shampoo
- Towels: please send at least 4 towels (for bathing and swimming)
- Sunscreen and lotion
- Bag for dirty clothes
- Bug spray

Miscellaneous

- Flashlight and batteries
- Water Bottle that your camper is able to carry with them if they so choose
- Outgrown, clean, good condition CHT Clothing to donate to other campers
- Please bring any music or supplies needed for the Talent Show.
- Camp theme is “CHT and the Chocolate Factory” so please feel free to bring any outfits or accessories that apply to this theme.

Any changes to application or questions regarding camp please contact our Camp Director, Matthew Ruttler at mruttler@thevaleriefund.org or our Camp Coordinator, Stacey Caropreso, at stac16cht@gmail.com.