

Rotary Camp for Children with Special Needs 4460 Rex Lake Drive Akron, OH 44319 (330) 644-4512 · gotcamp.org

PARENT HANDBOOK

SUMMER 2024

This guide is designed to help campers and their families prepare for the Rotary Camp experience. If you have any questions or need additional information, please call the office.



FOR YOUTH DEVELOPMENT FOR HEALTHY LIVING FOR SOCIAL RESPONSIBILITY













Dear Camp Families,

Greetings from the sunny shores of Rex Lake!

This year Rotary Camp is celebrating its 100th year! Since 1924, we have provided recreational opportunities for individuals with special needs and respite for families. At Rotary Camp, we strive to meet the individual needs of each of our campers. Communication with you is critical to that success. Please make sure your camper's information is current. If you have additional information to share, please contact us prior to the start of your camper's experience. We also want to communicate with you. This guide is the first step, and shares policies, procedures, and useful information to help you and your camper prepare for their summer experience. There are some updates to this year's guide. Please review it thoroughly.

If you have any questions do not hesitate to reach out to me directly at 330.644.4512 or mellac@akronymca.org

I look forward to seeing you at camp!

In the Spirit of Camping,

Mella Castner

Executive Director

Mella a. Castner

Akron Rotary Camp

How to Reach Us:

Mail: Akron Rotary Camp

4460 Rex Lake Drive Akron, OH 44319

Phone: 330.644.4512 Fax: 330.644.1013

Web: <u>www.gotcamp.org</u>

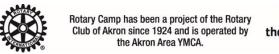
Email: rotarycamp@akronymca.org

Akron Rotary Camp's Mission Creating a world where there are only abilities.

Goals of Rotary Camp:

- To increase camper's self-confidence, self-worth, and uniqueness
- To develop camper's independence
- To involve campers in activities that increase physical skills
- To provide appropriate opportunities for socialization with peers
- To further develop interest and respect for the natural environment

Rotary Camp has been a project of the Rotary Club of Akron since 1924 and is operated by the Akron Area YMCA.





Registration

We are working with CampBrain for your camper's registration, health history, and medical charting. All mandatory forms must be submitted two (2) weeks prior to your camper's registered program. Delays in submissions should be communicated by the parent/guardian with the Director of Healthcare, Meghan Wiant, before the two-week cut-off. Any camper missing documents and no communication with the Healthcare Director regarding this will forfeit their spot and be unable to attend the registered program.

It is also required that every camper have a current Annual Physical, signed within the past calendar year of your campers attended program by a licensed medical practitioner. The form should only be signed by non-household members as well.

Please upload a picture of your camper to their CampBrain profile. This will help to ensure the safe administration of medications while they are here. The photo should be recent and of the camper only (from the shoulders up). If you need help doing this, please contact the camp nurse (contact info is listed below).

If you have any questions about any of these forms, please contact our camp nurse, Meghan Wiant, at 330.644.4512 (ext. 3207) or meghanw@akronymca.org.

Staff Contact Information:

Here are the names of contacts in case you have questions or concerns in any of the following areas.

Administrative Assistant: Kelly Clites

Program Director: Kyle Blincow

Director of Healthcare: Meghan Wiant BSN, RN

Director of Volunteers and Special Events: Amanda Warner

Executive Director: Mella Castner

Accreditation



Akron Rotary Camp is proud to be accredited by the American Camp Association (ACA). Together we are dedicated to enriching the lives of children through the camp experience. Akron Rotary Camp has voluntarily

complied with up to 300 standards of health, safety, and program quality – from staff qualifications and training to emergency management. ACA Accreditation is the parents' best evidence of a camp's commitment to health and safety. For more information about ACA or ACA Accreditation visit: www.campparents.org.

Complaint Resolution

At Rotary Camp we strive to ensure that everyone has a successful experience. If you have any questions or concerns, please contact the Executive Director, Mella Castner, at 330.644.4512.

In accordance with the Ohio Department of Jobs and Family Services, we are required to provide you with the number for the local health department and the Public Children Services Agency. You may contact these numbers with any concerns.

Summit County Children's Services	330.379.9094
Summit County Health Department	330.923.4891
Portage County Children's Services	330.296.2273
Portage County Health Department	330.296.9919

Keeping Staff Informed

Please keep us informed about any changes in emergency numbers, addresses, work numbers, etc. If you plan to be out of town or at a place other than what our information indicates, it is your responsibility to inform us where to reach you in case of an emergency.

Additionally, please let us know of any changes in your camper's world that may affect him/her (school problems, sickness of a family member, separation, or divorce of parents, etc.). Our camp staff strive to be sensitive to all our campers' needs and feelings.

Staff Training

Staff training is conducted before each summer camp season starts. We follow state, American Camp Association, and Akron Area YMCA Camping Services guidelines when we train our leaders. Fundamentally, three factors are involved: safety, fun, and teachable moments.

Akron Area YMCA's Diversity Statement

The Akron Area YMCA stands with others in denouncing prejudice, racism, intolerance, and all other forms of discrimination. We are committed to our Mission: To put Christian principles into practice through programs that build healthy spirit, mind, and body for all. In the 150-year history of the Akron Area YMCA, we have always and will continue to be dedicated to doing more and doing better, thus becoming a champion of change in our community.

Lost and Found/Personal Property

The first responsibility of Rotary Camp Staff is to care for the physical and emotional needs of our campers. Because we are focused on the campers' and groups' needs inevitably, each week, clothing items, towels, backpacks, and water bottles get misplaced. We work extremely hard to reunite items with their campers but ultimately some items disappear forever.

Rotary Camp is not responsible for clothing and/or personal property brought from home. While the staff will help your child, it is considered the responsibility of the camper to keep their belongings together.

As parents, you can help us continue the reunification process by making sure that all clothing, toiletries, bags, and sleeping items are clearly marked with the camper's name.

Please do not send new clothes that you care about, expensive water bottles, new towels, or anything you will get upset about if it is misplaced.

If you cannot find your camper's belongings, please contact camp and we will make an honest effort to find it and return it to you. A friendly note in your day camper's bag or a phone call or email describing the missing item will help the staff get it returned as quickly as possible. You can also peruse the lost and found table at check-out when you pick up your camper.

Unclaimed lost and found property will be kept for two weeks following the end of each camp season. After that time, it will then be donated to a charitable organization.

Camp Eligibility

Children (aged 6-17) and adults (18+). Camp Primarily hosts campers who have physical disabilities, learning disabilities, mental health disorders, and developmental disabilities. Campers are also encouraged to bring a sibling or close family friend if they are in the same age group.

All campers must be able to work in small and large group settings with supervision. Our counselor-to-camper ratio is 1:3 for children's programs and 1:4 for adults. This means that each counselor will provide a lot of direct attention to your camper, but it is never 100%. We recognize that all our campers require individual attention, and the counselors do their best to provide it. Currently, 1:1 support is not available for any of our programs.

Aggressive behaviors towards self and others are not tolerated. Campers must use socially appropriate methods to communicate their needs and be in good health at the time of attendance. Campers must have the capacity to physically tolerate navigating within the campus throughout their stay. Any assistive devices or equipment (physical, medical, or otherwise) campers may need must be provided by caregivers. Camp is not able to provide ambulatory equipment or medical devices.

Behavior Management

To ensure that campers feel safe while they are at camp, we believe that camp staff and parents must work together. It is critically important that parents and guardians provide camp with as much information as possible about the camper and their behaviors before the start of a session. Parents are encouraged to write a summary about the camper if necessary. Copies of behavior programs used at school or home can also be helpful.

Camp staff will contact the guardians if a camper is acting in a disruptive manner and needs further support. Through this conversation, the camp staff and the guardians determine what appropriate steps need to be taken. This may include a modified behavior plan, a parent conversation with the camper, or dismissal from the program.

All staff members consistently use positive reinforcement throughout the day. Staff members are not permitted to use corporal or verbal punishment. Discipline goes hand in hand with an attitude of mutual respect. We care about what the campers are feeling, not just what they are doing. We recognize that misbehavior is often a camper's way of showing us that something is wrong.

Campers who act out in an intentional way, either physically or verbally, with the intent to hurt themselves, other campers, or staff will be sent home immediately under the discretion of the Camp Director or designee. Bullying of any kind will not be tolerated while at camp. If the behavior does not stop after the counselor and director's intervention, the camper will be sent home. Rotary Camp should be an enjoyable place for everyone.

Mental Health

Mental health training is included in our staff training prior to the start of the summer camp season. Staff are instructed to notify their director of any mental health concerns, which are then relayed to the Director of Healthcare who will then contact camper's parents/guardians and relevant outside mental health resources should the situation be deemed necessary.

Homesickness: Below are a few tricks we have picked up.

- Before camp, be positive and excited about the experience. Camp is a cool, fun, and exciting experience. Tell your camper that you know they are going to have a great time.
- Telling campers they can call/come home may seem like the correct response, but it typically
 encourages homesickness. It is like a crutch. As we mentioned in the first bullet point, camp is
 going to be amazing. Keep reminding them about that.
- Staff make every effort to ease the transition to camp. We spend quite a bit of time during staff training teaching our counselors how to redirect or refocus a camper who is missing home. It is okay to miss home. Home will be there at the end of the week. Camp is special, and the campers are a part of something special when they are here. We will remind them of that.
- Initial letters home often have strong feelings of homesickness so do not panic. Give us a call (330.644.4512) and we will give you an update on where your camper is at with their experience.
- If your camper is having a tough time with homesickness, rest assured we will reach out to you so that we can figure a plan out together.

Wellness at Camp

Our campers' wellness is extremely important to us. If a camper is not feeling well, they do not have an enjoyable time. They tend to have more behavioral needs and are susceptible to sharing their illness with other campers and staff. If your camper displays any of the following symptoms within 48 hours of attending their scheduled session, please do not send them to camp:

- A fever over 100 degrees
- Stomach pain, vomiting, or diarrhea
- Shortness of breath, coughing, or congestion
- Loss of taste or smell
- Exposure to Covid-19 within the past 5 days (regardless of vaccination status)

If a camper develops any of these symptoms while at camp, they will be sent home. Together, with the Camp Nurse and recommendations from your health care provider, we will determine an appropriate return to camp date.

Medical Care at Camp

Campers and parents/caregivers will speak with the health officer during check-in. All medications, prescription and non-prescription must be given to the health officer in their original containers. Medications will normally be distributed at mealtimes and before bed. Please only send enough medication to last the duration of your camper's stay.

The health officer will keep a log indicating the time the medication was administered and by whom. A medical history must be completed and turned in prior to camp. The camper will not be admitted to camp without this. Prescribed medications will be administered as directed on the bottle and must be clearly marked with the camper's name, name of the medication, and name of the physician.

If you would like to check your camper's medications in with the nurse prior to the start of the camp session, please contact Meghan Wiant at 330.644.4512 (ext. 3207) or email meghanw@akronymca.org to schedule an appointment.

Camp may contact parents/guardians for a variety of health care concerns, which may include vomiting or diarrhea, a suspected broken bone or sprain, rashes, lice, any medical situation that requires care we cannot provide, and behavioral concerns.

If your camper is injured at camp, the Camp Director will take necessary steps which may include, but are not limited to the following:

- 1. Call the local paramedics.
- 2. Contact parents/caregivers. If parents/caregivers are not reachable, the camp may choose to contact an alternate emergency contact person.

Medical insurance is the responsibility of the parents. Paramedics will transport the camper in an emergency. Charges associated with the service will be the responsibility of the parents.

Communication with Parents/Caregivers & Early Dismissal

The camp staff works hard to ensure that every camper has a wonderful experience while they are here. However, there are times when camp staff may contact parents/guardians including, but not limited to:

- Medication questions/clarifications
- Camper injury

- Behavior support
- Natural disaster

While your camper is away at camp, parents/guardians still need to be accessible by phone. If there is no answer, camp staff will continue to contact numbers on the emergency list. If staff are unable to reach a responsible adult, they are required by law to contact Children's Services.

On occasion, for any of the reasons stated above or any other reason deemed necessary by the Camp Director, parents may be asked to pick up their camper early. Parents/Guardians or a listed "Authorized Pick-Up Person" must be available to pick up their camper within four (4) hours of the camp's request.

Service Animals at Camp

Rotary Camp follows the Americans with Disabilities Act (ADA) definitions when it comes to allowing service animals at camp. Under the ADA, a service animal is defined as a dog that has been individually trained to do work or perform tasks for an individual with a disability. The task(s) performed by the dog must be related to the person's disability. This means the dog must be trained to take specific action when needed to assist the person with a disability. For example, a person with epilepsy may have a dog trained to detect the onset of a seizure and then help them remain safe during the seizure.

ADA makes a distinct difference between service animals and support, therapy, comfort, and companion animals. These terms are used to describe animals that provide comfort just by being with a person. Because they have not been trained to perform a specific job or task, they do not qualify as service animals under the ADA.

When sending a service animal to camp, it is the responsibility of the parent/guardian of the camper to provide someone to take care of the animal. Rotary Camp staff will spend all their time providing excellent care for your camper; we are unable to provide care for an animal as well. Additionally, parents are also responsible for providing camp with documentation that the animal is up to date with shots. Please call the camp office at 330.644.4512 if you are intending to bring a service animal to camp.

Check-out Procedures (for all programs & sites)

Every camper must be signed out by a Camp Director. Parents/guardians must list each person who is authorized to pick your camper up on their CampBrain profile. Should someone not listed as authorized on their account, parents/guardians can call the camp office to permit an unlisted person, but it is not preferable. Staff will check photo IDs to ensure safety. If someone comes to pick up a camper without any notification, camp staff are responsible for contacting the parents/guardian before releasing the camper to that individual.

Vehicles

Campers are not permitted to have vehicles at camp.

Absentees

If a camper is not able to attend a registered session or day program, the camp must be notified as soon as possible. At the beginning of each program, all registered campers that have not shown up within an hour of registration must be contacted to confirm their absenteeism. This occurs daily at each day camp site.

Campers who do not attend and do not call off for a registered program will be assessed one-half the session fee and cannot sign up for another program until the balance due is paid.

Alcohol and Drugs

Camp is a drug-free environment. The use of alcohol or any recreational drugs, legal or illegal, by campers, volunteers, or staff is strictly prohibited and will be cause for immediate dismal from the property.

Pictures

This season we are not offering any online picture services. Camp staff will share pictures on the Rotary Camp Facebook and Instagram pages.

Please remember, a picture is a snapshot in time. It captures candid moments when individuals are not always smiling or looking at the camera. This does not mean your camper is not having fun at camp. If your camper is not having fun, we will contact you and talk about it.

Overnight Camp Information

Camp Arrival Day

Check-in times will be between 3 pm and 5 pm on Sundays. You may arrive any time during this drop-off window.

- You will then proceed to the check-in table.
- You will be directed to your camper's cabin.
- Counselors will meet you outside the cabin, take their bedding and supplies, and help them get set up in the cabin.
- You can then proceed to the health lodge if your camper has medications to check in.
- Enjoy your week!

Camp's first medication pass will be at 8 pm Sunday. It is the parent/guardian's responsibility to give the campers any medication needed before 8 pm.

Overnight Camp Check-Out Time

Please bring photo identification. Check-out is Friday morning each week from 10 am - 11 am.

Clothing List for Campers

Campers are highly active while at camp, so we suggest that you do not send new clothing. Clothing should be practical and clean.

To keep track of your camper's clothing, we ask that you put your camper's name on each item of clothing and equipment. Please ensure that the name is legible and do not use initials. Clothing not claimed will be kept at camp for two weeks and then donated to a local charitable organization.

The following is a suggested list of clothing for the best camp experience. You may add to it or subtract from it as you wish, but please make sure your camper is properly equipped so that he/she may enjoy their stay. Baggage should be limited to one suitcase and bedding. Attached to the end of this packet is a packing list. Fill this out and tape it on the inside of the suitcase to aid your camper and our counselors when checking in and out.

Necess	ary Items:
	Sleeping bag or blanket & sheets
	Pillow
	Pajamas
	Comb or brush
	Deodorant
	Toothbrush/paste
	Shampoo
	Soap
	2 bath towels
	2 washcloths
	5 t-shirts
	3-4 pairs of shorts
	1-2 sweatshirts
	1 long-sleeve shirt
	2 pairs of pants/jeans
	6 pairs of socks
	1 jacket/sweater
	6 pairs of underwear
	1 pair of swimming shoes
	1 pair of crocks or sandals*
	1 pair of tennis shoes
	Swimsuit
	Sunscreen
	Raincoat or poncho
	Mosquito repellent
	Laundry bag
Conven	ient but not necessary:
	Flashlight
	Camera/film

Box/bucket for toiletry items
Hat

*Campers spend many hours running around outside throughout the week and need shoes that protect their feet and provide support. Flip flops and shoes that do not cover toes and heels are not appropriate footwear for camp. New shoes tend to rub and can cause painful blisters and are not recommended. Campers must wear shoes during their stay with us.

Proper Footwear in the Water

Due to an increase in zebra mussels in our lake, it is recommended that all campers come with swim shoes. While we do our best to make sure our swim area is free of anything that could potentially be dangerous, zebra mussels are becoming more common in the Portage Lakes. Therefore, we recommend that all campers and staff wear swim shoes while in the lake.

Things to NOT bring:

- Cell phones: We know this may be a difficult restriction. It is probably more difficult for you as a parent/guardian. We understand and sympathize with this. We acknowledge how accustomed you have become to having near-constant access to your child. However, at this point, we find disconnecting from the tech world to be a healthy concept to exercise. Our campers' lives are very structured, and that structure remains true for their time at camp. Every minute of the day is planned. We plan to help our campers socialize, problemsolve, and learn new skills. This can be difficult if our campers are focused on cell phones instead of the campers and staff next to them. If there is an emergency at home, and you need to contact your camper, or if you are worried about how your camper is doing, please call the office at (330) 644-4512. If no one answers your call, please leave a voicemail and we will promptly return your call.
- Personal Sporting Equipment, Weapons, or Money: Rotary Camp will provide all program supplies for each session's activities. Expensive equipment is not necessary and usually causes behavioral issues among campers. Anything that could be considered a weapon should not be brought to camp.
- **Electronic Devices**: These items are expensive. We are near lakes, dirt, and bugs. We climb, run, and jump. This environment is not conducive to expensive electronic devices. Please help us avoid a broken heart and keep these at home. If your camper is using a device to assist in communication, please contact the Camp Director to determine if it is appropriate to bring it to camp.
- Snack for in the cabin: Snacks attract unwanted attention from bugs, squirrels, mice, skunks, and hungry counselors! For the safety of the cabin, please, do not send snacks in your camper's luggage. If your camper has special dietary needs, talk to the Camp Director before your camper's session, and we will produce a plan together. Any food items brought with your camper should be checked in with the nurse or Program Director during check-in.

Food Service for Campers

Balanced meals are planned and served by the food services staff for overnight camp. Special dietary considerations are made for food allergies and other dietary needs.

Please be sure to indicate your camper's dietary needs on the online health history form. If your camper has extensive dietary needs, such as gluten-free, please contact the Camp Director before your camper attends camp.

Camper Mail

Mail will be delivered at each evening meal. Please send mail to your camper at this address:

Akron Rotary Camp (Insert Camper's Name, Cabin Name) 4460 Rex Lake Drive Akron, OH 44319

Fax (330.644.1013) and email (kyleb@akronymca.org) will also be delivered to campers. Please include the camper's name and cabin.

Day Camp Information

Arrival/Departure

Drop-off and pick-up times are noted below specific to each site. If there is a change in the departure routine (early pick-up, different authorized person picking up, etc.) please notify the camp in writing.

All campers are required to sign in/out daily with a Camp Director. Please have your photo ID available for verification.

Portage Trailblazers Day Camp - runs 9:00 am - 3:00 pm

- Drop-off times are from 8:45 am 9:15 am
- Pick-up will begin at 2:45 pm and run through 3:15 pm

Rex Lake Day Camp - runs 9:00 am - 4:00 pm

- Drop-off times are from 9:00 am 9:15 am
- Pick-up will begin at 3:45 pm and run through 4:00 pm

Portage Trailblazers Day Camp Drop-Off Procedures

Parents can drop off their campers at the Happy Day School located at 2500 Brady Lake Rd. When you enter the driveway, please stay to the right. When you reach the driveway circle, you may park along the circle. Be sure to leave open the loading area closest to the covered walkway

for transportation vehicles with lifts. Once parked, you may proceed to the side door of the building closest to the outside playground. Staff members will be present to assist with escorting campers to their groups.

Portage Trailblazers Pick-Up Procedures

Parents will check out at the same locations as drop-off. When you arrive, please check in with the staff member on duty. Campers will be notified and escorted from the building or playground for dismissal.

If someone other than the camper's parent/guardian is picking them up, you will need to notify camp staff. Staff will check photo IDs prior to releasing a camper – even if the individual is listed as an emergency contact.

Rex Lake Day Camp Drop-Off Procedures

Parents can drop their campers off at the main camp driveway located at 4460 Rex Lake Drive, New Franklin, 44319. If you need to get out of your car to assist your camper into the vehicle or to drop off medications, go to the back parking lot adjacent to the Masonic Lodge located at 4395 Rex Lake Drive, New Franklin, 44319.

If a camper arrives by bus, please direct the driver to drop them off at the back entrance across the street from the Portage Lakes Masonic Lodge at 4395 Rex Lake Drive, New Franklin, 44319.

Please hand the staff member at check-in any notes or medications.

Rex Lake Day Camp Pick-Up Procedures

Please check out at the same locations as drop off. If your camper does not need assistance and/or you have no meds to pick up, go to the main parking lot for pick-up.

What to Bring to Day Camp

Each day,	the day	campers /	will parti	cipate i	n all t	raditional	camp	activities	including	waterfront	(at
Rotary Ca	mp) or	swimming	(at Happ	y Day).	Below	is a list o	of reco	mmended	items for	each day:	

□ Backpack
☐ Change of clothes
☐ Appropriate footwear*
□ Sunscreen
☐ Swimwear (if applicable)
☐ Beach Towel
☐ Packed Lunch
☐ Filled water bottle for each day
☐ Extra snack
☐ Water shoes (Rex Lake)
lacktriangle Any prescription medications in the original bottle with the correct dosage
lacktriangle Any notes or messages to the camp staff about the camper or program

Please mark all your camper's belongings to help us keep them organized. We do not have extra clothes at camp, so please make sure your camper has what he/she may need for the day.

*Campers spend many hours running around outside throughout the week and need shoes that protect their feet and provide support. Flip flops and shoes that do not cover toes and heels are not appropriate footwear for camp. Campers are required to always wear shoes.

Proper Footwear in the Water

Due to an increase in zebra mussels in our lake, it is recommended that all campers come with swim shoes. While we do our best to make sure our swimming area is free of anything that could potentially be dangerous, zebra mussels are becoming more common in the Portage Lakes. Therefore, we highly recommend that all campers wear swim shoes while in the water.

DO NOT BRING

Please do not bring any of the following: cell phones, personal sports equipment, animals, handheld game systems, iPods, iPads, mp3 players, or anything that could be considered a weapon (pocketknives, guns, air rifles, matches, fireworks, etc.). Do not bring gum, candy, pop, or food that may attract critters. Any items deemed to be inappropriate for camp will be taken to the Camp Director. The items will be returned at the end of the day or week.

Additionally, please do not allow campers to bring any items of value (monetary or sentimental). Inevitably, these are the things that come up missing, thus creating unnecessary emotional distress for the campers and staff.

We make every attempt to keep your camper's belongings together. At times items can come up missing. It is assumed that the parents/guardians are responsible for any items brought to camp by the camper, including appropriate and inappropriate items. Akron Rotary Camp, Akron Area YMCA, and its representatives cannot be held responsible for missing items.

Medications

Medications must be in their original bottles with the correct dosage on the label. At check-in, you will review medication and dosage with our camp nurse. You will be asked to verify each medication and quantity that is dropped off. Please only bring the quantity needed to be given for the week. At the end of the week, you will receive an empty medication bottle. Please do not leave them in your camper's bag.

If you would like to check-in your camper's medications prior to the start of the camp session for ease of drop-off, please contact Meghan Wiant at 330.644.4512 (ext. 3207) or email meghanw@akronymca.org to schedule an appointment.

Meals

While at camp, children use a lot of energy to participate in various activities. Please make sure your child eats a healthy breakfast before she/he comes to camp each day. Parents must pack lunch for their campers too. Please note that we will not refrigerate or microwave any lunches. If a camper forgets her/his lunch, we will be happy to provide one that day.

Akron Rotary Camp

Clothing/Personal Item Inventory

amper		Week		C	abin/Group		
Parent Check		Counselor Check		Parent Chec	Counselor Check		
Number	Article	In	Out	Number	Article	In	Out
	Suitcase				Sheets		
	Towel				Toothbrush		
	Swimsuit				Toothpaste		
	Pajamas				Washcloth		
	Bathrobe				Razor		
	Slippers				Shampoo/ Conditioner		
	Underpants				Bug Spray		
	Undershirts				Sunscreen		
	Bras				Shaving Cream		
	Socks				Diapers		
	Shoes/Boots				Catheter		
	Belts				Ostomy Equip.		
	Pants				Glasses		
	Shorts				Contacts		
	Shirts				Hearing Aids		
	Skirts				Walker		
	Dresses				Crutches		
	Sweatshirts				Wheelchair		
	Sweatpants				WC Charger		
	Sweaters				Camera		
	Coat/Jackets				Flashlight		
	Raincoat				Water shoes		

Umbrella			
Hat		Other:	
Pillow			
Blankets			