



### **Packing Instructions & What to bring:**

**Nuhop is bed bug free** and we plan on keeping it that way. From our discussions with entomologists, licensed professionals and various industry partners, we believe that **heat** is the best way to ensure bed bug prevention and elimination.

Upon arrival at the Pine campus, our guests' luggage is heated to temperatures lethal to bed bugs (above 120°F) before being taken to the sleeping quarters. **NOTE: As of Fall 2023, the heater system is only in use at the Pine campus.** Students at Hemlock Campus will not need to follow the heater protocols until the heater system is in effect at that property. If your student is staying at the Pine campus, we ask that you do the following things to help in our effort:

Please allow your students to pack **no more than THREE bags** for camp (Two for bedding and clothing and one small bag for toiletries and personal items).

Belongings should be packed loosely into **soft-sided duffel bags or mesh/fabric laundry bags.**

Do not pack in suitcases or trash bags; they will be damaged in the heating process. (Trash bags can be used as cover for the mesh bags, but they will be removed before heating).

Items that should not be heated, such as **medications, sunscreen, bug spray, shampoo, aerosols and other toiletries, should be packed separately** in ziplock bags, plastic shopping bags, a cinch bag, or small backpack. Students will not have access to their heated luggage until dinnertime on the first night, so anything they need to access needs to be kept separate

**Everything should be labeled** with the student's name on tape, ribbon or luggage tags.

Please ensure that no liquids/gels/aerosols are packed with sleeping gear or clothing.

Thank you so much for helping us in this endeavor.



Sleeping gear  
Labeled  
mesh or fabric bag



Clothes/shoes  
Labeled  
mesh or fabric bag



Toiletries  
Labeled  
1 Gallon ziplock

**These things are necessary:**

- Enough clean, comfortable, weather appropriate clothing for the entire length of your stay (jeans or sturdy khaki pants, cotton or synthetic t-shirts, hoodies, etc)
- Consider the weather when packing. A warm coat, gloves, and a hat may be needed while other times a pair of shorts are appropriate.
- Raincoat/poncho for rainy weather
- Comfortable, **closed-toed** shoes and a few extra pairs of socks. An extra pair of boots or shoes can be very helpful.
- Clean clothes to sleep in.
- Sleeping bag and pillow OR Blanket, twin sheets, and pillow.
- Towel, washcloth and toiletries: Soap, Shampoo, Toothbrush, Toothpaste, etc.
- Water bottle
- Two extra, clean garbage bags for dirty laundry and dirty shoes (Pre-labeled with student's name)
- Medications currently prescribed. (See instructions on separate page)

**These things are optional:**

- Chapstick and Sunscreen
- Flashlight
- Bug Spray
- Hiking boots

**DO NOT bring:**

- Weapons (please leave your pocket/survival knives at home)
- Money (there's nothing here to spend it on)
- Anything that requires electricity or batteries (no phones, no curling irons, no microwaves)
- Candy, gum, pop/soda or a bunch of snack foods for the cabin.
- Extra OTC medication (we have a stocked infirmary).
- Jewelry or other expensive or important items. (If you can't bear to lose it, break it or get it dirty, think twice before you bring it to camp.)



## Instructions for Medications

If your child takes a daily or as needed medication, please organize the medication they will need as noted below and send that medication to camp with the child's teacher.

General medication times are 8:00am, 12:00pm, 5:30pm, and 9:00pm. If your child needs to take medication at a different time, just specify what time they need it, and we will make sure it gets to them on time.

- Please send only the amount required while the child will be at camp. Do not send extra.
- All medicines should be kept in the original, labeled container and all containers placed in a ziplock bag labeled with the student's name.
- Make sure that the container label includes your child's name, the name of the medication, the dosage, and the time & date the medicine is to be administered.
- If the time is not specified on the bottle's label please write a note that specifies what time the medication should be given
- Emergency medications such as inhalers and epi-pens should be sent even if the child does not use them on a regular basis.
- Liquid medicines should be kept in their original bottle as well, and please send a measuring cup or spoon.
- All medications sent with campers need to be documented on student health form. (Name of med, time given, dosage given, number of doses sent)
- If we are unable to understand your instructions, or the meds that we receive do not match what is written on the forms, we will call you for clarification.



## Outdoor Education Adventure!

### “Special Diets”

In order to safely and effectively serve our clients we are asking parents who have students with special dietary needs to please contact Nuhop at:

[specialdiets@nuhop.org](mailto:specialdiets@nuhop.org)

Please contact Nuhop at this email address **AT LEAST 2 WEEKS BEFORE YOUR STUDENT’S TRIP** with this information:

- In the subject line of the email please write “Special Diet for ....” And include your student’s name.
- Student’s name and school they attend.
- Detailed information about their special diet
- For food allergies please indicate whether the allergy “ingestion” or “contact”
- Parent or Guardian’s name, phone number and email address.

If this information is not **received 2 WEEKS PRIOR TO THE STUDENT’S TRIP** Nuhop may not be able to provide special food and parents/guardians will be required to send appropriate food.

For questions or concerns, please call 419-938-7151 and ask for Lynn or Paul.