

Respite Packing List

Check in for weekend Respite is Friday 6:30pm-7:30pm in the Health Center. If you cannot make it Friday night, please call the Health Center at 515-309-2378. Saturday check in begins at 10:00am in the Health Center.

Check out for weekend Respite is Sunday from 3:00-4:00pm in the Health Center.

Items to bring to Respite

- Weather appropriate clothing for entire weekend
- Pajamas
- Tennis shoes
- Swim trunks & towel for pool (we swim year-round!)
- Coat, hat, gloves, boots, snow pants (colder months)
- Personal hygiene products
- Toiletries: soap, shampoo, deodorant, toothbrush & toothpaste, etc.
- Medication (these will be checked in when the camper is signed in for the weekend with the camp nurse) in the original packaging or in bubble pack. Please bring only enough medication for the weekend plus one extra dose.
- Any necessary assistive technology
- Nightlight if your camper prefers to sleep with one
- Any other items that a camper would need for a weekend away from home.

Items to leave AT HOME!

- Phones/Electronics
- Anything with a camera or internet access
- Trading cards

This is an unplugged camp. No electronics with cameras or internet. Communication devices are welcome but must not have a camera or access the internet.

Bedding, sheets, pillows & blankets are provided in the cabins.

Please have all items marked clearly with the campers' first and last name.

*****Please check bag before leaving for the weekend for ALL items*****

Easterseals Iowa is not responsible for lost items and will only hold items for one week.