

Camp is a traditional summer experience for many children. For children at risk for anaphylaxis, a life-threatening allergic reaction, they can still enjoy all the fun that comes along with camp, but it's important to plan ahead so campers and camp staff know to avoid allergens, understand the signs and symptoms and are prepared to respond if anaphylaxis occurs. Check out the *Get Schooled in Anaphylaxis™* camp packing list to be sure all campers and camp staff know anaphylaxis signs and symptoms, how to avoid known allergens, and have access to two epinephrine auto-injectors.

The Allergy-Friendly Camp Packing List

- Anaphylaxis action plan
 - ★ Work with a health care professional to develop an action plan to share with camp staff so everyone is aware of how to avoid known allergens and be prepared for anaphylaxis in the event it happens
- Educational awareness materials about anaphylaxis
 - ★ Check out Anaphylaxis101.com for resources about common allergic triggers, signs and symptoms, and forms and checklists; share with camp staff, so they are prepared
- Two epinephrine auto-injectors in case anaphylaxis occurs
 - ★ It is important to have two epinephrine auto-injectors wherever you may be on or off camp grounds
- Backpack to carry your personal belongings and two epinephrine auto-injectors
- Sneakers for physical activities
- Sweatshirt or jacket to stay warm on cooler days and nights
- Water bottle to stay hydrated
- Swimsuit and towel for all water activities
- Sunscreen to protect skin from sun exposure
- Camera to take pictures and capture great memories with friends
- Bug repellent to avoid any pesky insects
- Allergy-friendly snacks

