



Packing Instructions & What to bring



Sleeping gear
Labeled
mesh or fabric bag



Clothes/shoes
Labeled
mesh or fabric bag



Toiletries
Labeled
1 Gallon Ziplock

Nuhop is bed bug free, and we plan on keeping it that way. Bed bugs are a nuisance, and we work very hard at providing the best programming and retreat facilities in the area. We do not want this to detract from your wonderful experience. 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 camp, our guest's luggage is heated to temperatures lethal to bed bugs (above 120°F) before being taken to the sleeping quarters. NOTE: As of Spring 2022, the heater system is only in use at the Pine campus. If your student is staying at Pine (the original site), 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 can 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

These things are necessary:

- Enough clean, comfortable, weather appropriate clothing for the entire length of your stay (warm and cold weather gear)
- 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. Crocs do not count as closed-toed shoes. Avoid them.
- Clean clothes/pajamas to sleep in.
- Sleeping bag and pillow OR Blanket, twin sheets, and pillow.
- Towel
- Toiletries in a separate bag: Soap, Shampoo, Toothbrush, Toothpaste, etc.
- Reusable Water bottle
- Medications (if needed)

These things are optional:

- Chapstick
- Sunscreen and Bug Spray
- Flashlight
- Hiking boots
- Flip flops, slides, or crocs for showering and in-cabin use **ONLY**

DO NOT bring:

- Money (there's nothing here to spend it on)
- Cell Phones – unless needed for medal purposes
- Other Electronics (smart watches, tablets, computers, hair dryers)
- Anything you would not be okay with losing or getting dirty
- Candy, gum, soda, snacks for the cabin. If a student needs to bring snacks for a medical purpose, please contact us for details about supplemental food protocol.
- Jewelry or other expensive or important items