

2024 CAMP GUIDE



**CAMP
DISCOVERY**
D-CAMPS



**DIABETES
CANADA**

D-CAMPS

dcamps.ca | 1-800-BANTING

[dc_dcamps](https://www.instagram.com/dc_dcamps) | [dc_dcamps](https://www.twitter.com/dc_dcamps) | [DC.damps](https://www.facebook.com/DC.damps)

A Letter to New and Returning Campers & Families

Dear D-Camps Families, Campers, and Guardians,

We are very excited that you will be joining us for our 18th year of operation. This summer, you will have the opportunity to meet new friends, try exciting activities, and learn more about diabetes management.

We have a fantastic program planned this summer and we can't wait to share it with you. You'll get to try some amazing activities, meet new friends, develop new skills, and learn more about diabetes. We hope that by the end of your time at camp, you will be more confident than ever before, have a greater appreciation for the outdoors, and have a better understanding of how to manage your own diabetes.

Before you start packing your suitcase, please read our D-Camps Guide and this Information Package. It is full of information that will prepare you to have the best camp experience possible. Some of the important information included in this package is:

- Packing List
- Session Dates
- Directions and Transportation
- Camp Activities
- Sun Safety
- Serving Diverse Campers
- Mail and Care Packages
- Continuous Glucose Monitoring

From all of us at Diabetes Canada and Camp Discovery, we are excited that you are joining the D-Camps family. If you have any questions or concerns, please contact Morgan directly about camp at any time.

Sincerely,
The D-Camps Team



Lauren Linklater
Sr Manager, D-Camps
lauren.linklater@diabetes.ca



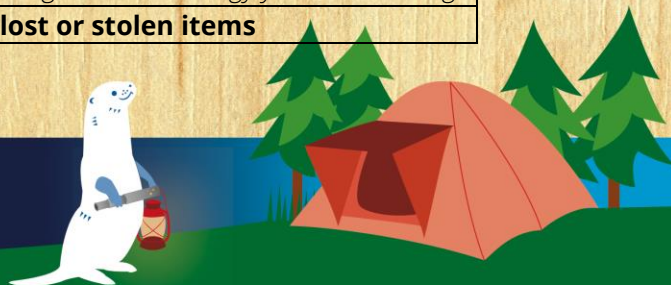
Morgan Tobin
Camp Coordinator, D-Camps
Morgan.Tobin@diabetes.ca



PACKING LIST

Label everything your camper brings to camp. Lost items that are labeled items can easily be returned if they are found.

MEDICAL		
<input type="checkbox"/> Insulin <input type="checkbox"/> Insulin Pens <input type="checkbox"/> Pump Supplies in a labelled Ziploc-type bag	<input type="checkbox"/> Pump batteries (AA/AAA) <input type="checkbox"/> CGM (sensors, transmitter, receiver) – please connect with the Camp team to learn how these tools work at camp	
<p>You know your camper best. Please pack enough medical/diabetes management supplies for the duration of the session. Camp Discovery will supply syringes, pen needle tips, lancets, blood glucose meters, testing strips, and ketone testing supplies. Please remember to pack supplies for traveling to and from camp. Camp Discovery will also supply emergency medical supplies, like glucagon</p>		
CLOTHING		
<input type="checkbox"/> 6 pairs of socks <input type="checkbox"/> supply of underwear for the session <input type="checkbox"/> 2-3 pairs of shorts <input type="checkbox"/> 1-2 pairs of pants/sweatpants <input type="checkbox"/> 6 t-shirts	<input type="checkbox"/> 1-2 sweatshirts/long-sleeve shirts <input type="checkbox"/> flip flops or sandals <input type="checkbox"/> 2 pairs of shoes <input type="checkbox"/> 1 pair athletic sandals	<input type="checkbox"/> 1 waterproof rain jacket <input type="checkbox"/> 1 pair of rubber boots <input type="checkbox"/> 2 swimsuits (<u>sport-style swim suits only</u>) <input type="checkbox"/> 1-2 sets pajamas
SUN SAFETY		
<input type="checkbox"/> 1 hat with brim <input type="checkbox"/> water bottle	<input type="checkbox"/> sunscreen SPF30 or greater	<input type="checkbox"/> swim shirt/rashguard <input type="checkbox"/> sunglasses
CAMP STUFF		
<input type="checkbox"/> sleeping bag or sheets & blanket for single bed <input type="checkbox"/> pillow <input type="checkbox"/> insect repellent (no aerosol spray please) <input type="checkbox"/> toiletry kit (soap, facecloth, toothbrush, toothpaste, comb, deodorant, etc.) <input type="checkbox"/> flashlight & extra batteries	<input type="checkbox"/> 1-2 lightweight towels <input type="checkbox"/> day pack (for camera, rain gear, etc.) <input type="checkbox"/> camera (cell phones with cameras are NOT acceptable) <input type="checkbox"/> empty large plastic bags for wet & dirty clothes to come home in.	OPTIONAL: <input type="checkbox"/> pen, paper, stamps (addressed and stamped envelopes/postcards are great!) <input type="checkbox"/> funny costume for the first night of camp campfire! <input type="checkbox"/> acoustic musical instruments
WHAT NOT TO BRING		
<ul style="list-style-type: none"> × Alcohol, non-prescriptions drugs, drugs not prescribed to the camper, tobacco products, electronic smoking devices × Knives, including camping or Swiss army knives × Valuable or precious items × Matches or lighters × Food 	<ul style="list-style-type: none"> × <u>ANY</u> non-medical electronics with the exception of digital cameras × Smartphones, even if you use them for diabetes management outside of camp × Nightscout or similar devices × <i>Please contact the Camp Director if you have questions about any diabetes management technology you wish to bring</i> 	
<p>Diabetes Canada is not responsible for lost or stolen items</p>		



Dates and Details

(Camp Discovery, London Ontario (August 11-16th, 2024))

Camp Discovery was founded in 2004 and has since become an integral part of the D-Camps program.

New for 2024: Camp Discovery is pleased to operate this summer at Stevensons Childrens Camp just east of London Ontario. Nestled on a former farm, Stevenson Childrens Camp sits on 125 acres of land.

Since its inception, Camp Discovery has been strongly supported by medical staff in southeastern Ontario, especially from the Children's Hospital at London Health Sciences Centre.

Start Date:

Sunday, August 11th, 2024

Campers Ages 7-9 Time to be confirmed at later date

Campers Ages 10+ Time to be confirmed at later date

Please do not arrive earlier than your scheduled arrival time, as we will still be preparing for campers.
EARLY ARRIVALS WILL BE ASKED TO LEAVE UNTIL REGISTRATION TIME.

End Date:

Friday, August 16, 2024 12:00PM



DIRECTIONS AND TRANSPORTATION

Google Map to Camp Discovery

Camp Discovery is hosted at Stevenson Children's Camp (5081 Gore Road, Dorchester, ON, N0L 1G4). To access a Google Map for Camp Discovery follow the link [here](#).



CAMP ACTIVITIES

Campers will be exposed to a wide variety of activities. Campers will receive individual instruction from our staff members in order to help them develop new skills. Additionally, campers will take part in group activities and participate in games and themed events that involve the entire camp.

Through all of the camp activities, we emphasize creativity, imagination, and adventure while promising a safe fun-filled atmosphere for children that encourages personal growth and the development of self-confidence.

Campers will travel as a cabin to seven core activities throughout the day. Each activity is carefully planned and executed to the learning needs and styles of each age group. At camp, we do our best to promote cooperation rather than competition. If we do run an activity containing an element of competition, we focus on challenging campers to achieve their own goals rather than encouraging them to measure their success against those around them.

Cabin Rotation Activities

Art, Land Sports, Photography, Swimming, Low Ropes, Hiking

Evening Program

Every night at Camp Discovery the whole camp community comes together to take part in activities like capture the flag, camp-wide games and many other themed activities.

SUN SAFETY

Camp Discovery is proud to be an official Sun Aware Certified Camp by the Melanoma Network of Canada. This certification recognizes our practices in both teaching and reinforcing sun-safe behaviours. Included in this certification is our commitment to training our staff based on the principles of applying broad spectrum sunscreen, wearing light-weight clothing and wide-brimmed hats, wearing UV-protective sunglasses, and seeking shade in



the heat of the day. We require all staff to wear a shirt that covers their shoulders while in the pool – we recommend packing a swim shirt or rashguard-style shirt.

SERVING DIVERSE CAMPERS

At Diabetes Canada and D-Camps we believe that our camp and youth programs are for all children and youth living with type 1 diabetes regardless of ancestry, colour, race, ethnicity, religion, creed, sex/gender, sexual orientation, gender identity or expression, ability, or exceptionality.

To ensure that we can provide the best experience to all of our participants we ask that families complete all registration forms as fully and truthfully as possible. The more we know about our participants the better we can support their needs.

At D-Camps, we strive to create equal opportunities for individuals that may identify or be affiliated with any number of biological, social, and cultural categories. Additionally, D-Camps aims to be open and accessible to all participants, ensuring that identification and/or affiliation with the above categories does not act as a barrier, obstacle, or deterrent that presents a child from experiencing a traditional overnight summer camp experience. If you have any questions about the fit of your child at our programs, please contact our Camp Manager or Camp Director to discuss the support we can provide.

MAIL AND CARE PACKAGES

Everyone enjoys receiving mail, so please write! Mail is delivered to camp daily and we do our best to ensure prompt camper delivery. Send letters prior to or during the first few days of camp to ensure delivery. Letters that do not arrive until after the session has ended will be returned to sender. Packages that come into Camp Discovery will be screened for food and allergens. Incoming packages are only opened to ensure no food products are sent.

We recognize the length of the program can create challenges in mail arriving on time. With this, mail can also be given to our Camp Director at the time of check-in on the first day for distribution while at camp.

The camp address is:

Camper Name
c/o Camp Discovery
Stevenson Children's Camp
PO Box 39020
London Ontario
N5Y 5L1

Any food, beverage, electronic devices, etc. received in care packages will be confiscated for the duration of camp.



Continuous Glucose Monitors:

With the progression of diabetes treatment tools and technology, we welcome continuous glucose monitoring (CGM) devices and technologies which are approved by Health Canada at D-Camps. ***Devices and systems that are yet to be approved by Health Canada cannot be used at D-Camps.*** We recognize that some of our participants will be using CGM/FGM technology in their diabetes management and that this provides them with comfort and routine.

Transmitting functions will be turned off while at camp, and if a cellular device is used as a transponder, the SIM card will be removed for the duration of camp and kept in a secure location that will be returned come the end of the camp session.

Medical use for monitoring and treatment of CGMs is up to the discretion of the camps medical team, and we will provide you with an update of what this will look like closer to the camp season!

Receiving Devices

It is important to note that all broadcasting features or pairing to caregiver functions are not allowed while at D-Camps. This includes Night Scout technology, Dario share, Dexcom Follow App, and iPhones with multiple recipient features enabled. Campers who use iPhone technology with their CGM/FGM devices will be required to remove their SIM card at the start of camp. Campers are not permitted to use iPhone/iPod features other than those for storing and reading CGM information. A Wi-Fi connection will not be available at camp. As with pumps and other valuable items at camp, we will do our best to ensure that there is no damage, but D-Camps cannot be held liable for replacing devices that are lost or damaged.

Cancellation/Refund Policy

BEFORE FEBRUARY 29, 2024 – Full refund of all fees less a **\$25 cancellation fee** (per program).

MARCH 1 - MAY 31, 2024 -Full refund of all fees less a **\$100 cancellation fee** (per camper).

AFTER JUNE 1, 2024 – All fees are non-refundable.

There will be no refund made for any participant leaving D-Camps during any program/session, including for reasons of homesickness. In the case of illness or injury incurred at Camp, a prorated refund will be reviewed and applied by the camp's team. There will be no refund or reduction of fees for campers arriving late or leaving early.

Diabetes Canada, D-Camps reserves the right to collect any outstanding household balances and/or cancellation fees by processing the credit card on file. If at any time you would like to check your household balance, you may do so by logging into your CampBrain Registration [HERE](#). Additionally, you can contact our Camps Administrative Coordinator at 647-800-9837.

Contact information

If you have questions about the Camp Discovery program or will be arriving late to Camp, please contact: Morgan Tobin Camp Director at Morgan.Tobin@diabetes.ca. If you have any questions related to your registration, please contact our Administrative Coordinator, Rebecca, at Rebecca.Hay@diabetes.ca

