

# 2023 CAMP GUIDE



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# A LETTER TO NEW AND RETURNING FAMILIES

Dear Ontario D-Camps Families,

We are so excited that you will be joining us at an Ontario Family Camp. Diabetes Canada is committed to providing the best possible camp experience for your family. This package has been designed to help you become more familiar with our programs and allow you to prepare for your camp experience. Please take a few minutes to review the information contained in this package.

We have a series of programs planned this year 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. But before you start packing your suitcase, please read our D-Camps Family Camp Guide and this Information Package. It is full of important information that will prepare you to have the best camp experience possible. Some of the important information included in this package is:

- Health Care at Camp
- Dates and Locations
- What to Expect at Family Camp
- Meals and Accommodations
- Packing Lists
- Camp Clothing Sales
- Electronics Policy
- Pet Policy
- Cancellation/Refund Policy
- Contact Information

From all of us at Diabetes Canada, Camp Discovery, and Camp Huronda, we are excited that you are joining the D-Camps family. If you have any questions or concerns, do not hesitate to contact us at any time.

Sincerely,  
The D-Camps Team



**Lauren Linklater**

Senior Manager, D-Camps  
[lauren.linklater@diabetes.ca](mailto:lauren.linklater@diabetes.ca)



## ONTARIO FAMILY CAMPS

D-Camps Ontario operates four family camps annually within Ontario. Each family camp provides a unique seasonal setting and is focused on providing connection, support and community to families living with type 1 diabetes. At Family Camp, we provide these opportunities for anyone in your child's care-giving community. That could be grand-parents, extended family or close friends. If there are additional people involved in the care of your child with type 1 diabetes, they are welcome to attend.

Family Camp brings people together in a way that just doesn't happen in any other setting. Family Camp is a fantastic introduction or connection to the D-Camps experience. You and your family will get the opportunity to take part in camp programming in a community of people who understand the day-to-day challenges of living with type 1 diabetes.

Family Camp is a great fit for you if:

- You have a recently diagnosed child and are looking to connect with people who understand.
- You have years of experience and could be a valuable support to others.
- Someone in your family lives with type 1 diabetes and you want to have a fun D-Camps experience!

Our Family Camps can be a great introduction to the D-Camps program and community, especially if you are considering our summer camp program in the near future. Meet our staff, experience the programming and facilities all while having fun and making connections.



## ALUMNI WEEKEND CAMP

Camp Huronda is excited to offer an Alumni/Friends of Camp Huronda camp program in June. This program is specifically for past Camp Huronda campers and staff (who are now 19 years of age or older and no longer attending or working at Camp Huronda) and their families to reunite for a weekend at camp. Families from any generation of Camp Huronda's history are welcome and encouraged to attend. Any of your family members, including partners, or children who may or may not be living with diabetes, are welcome to join you! The weekend will be full of some of your favourite camp activities from your childhood as well as some of our new program activities like our static course and high ropes. And, of course, there will be plenty of time to relax and reminisce with fellow alumni on the shores of Lake Waseosa.



## ONTARIO FAMILY CAMP DATES AND LOCATIONS

Our four Ontario Family Camps dates and locations are listed below. Transportation is by personal participant vehicle. Please plan to arrive and depart at the listed times below. Additionally, if you plan to be late, please contact the Camp Coordinator or Manager. Please note we will be offering TWO Family Camp weekends in June.

Date	Host Facility	Location
<b>Huronda Alumni Camp</b> June 9 (1:30 arrival) – June 11 (1:30 departure), 2023	Camp Huronda Huntsville, Ontario	1252 South Waseosa Lake Road Huntsville, ON P1H 2N5 <a href="#">Google Map Here</a>
<b>Ontario Spring Family Camp 1</b> June 2 (3:30 pm arrival) – June 4 (1:30pm departure), 2023	Camp Huronda Huntsville, Ontario	1252 South Waseosa Lake Road Huntsville, ON P1H 2N5 <a href="#">Google Map Here</a>
<b>Ontario Spring Family Camp 2</b> June 16 (3:30 pm arrival) – June 18 (1:30pm departure), 2023	Camp Huronda Huntsville, Ontario	1252 South Waseosa Lake Road Huntsville, ON P1H 2N5 <a href="#">Google Map Here</a>
<b>Summer Family Camp</b> August 28 (1:30 arrival) – August 31 (1:30 departure), 2023	Camp Huronda Huntsville, Ontario	1252 South Waseosa Lake Road Huntsville, ON P1H 2N5 <a href="#">Google Map Here</a>
<b>Ontario Fall Family Camp</b> September 15 (3:30pm arrival) – September 16 (1:30pm departure) 2023	Camp Huronda Huntsville, Ontario	1252 South Waseosa Lake Road Huntsville, ON P1H 2N5 <a href="#">Google Map Here</a>

### Travelling to Camp Huronda from Toronto:

- Take HWY 400 North
- Follow sign to HWY 11 Orillia/North Bay
- Continue for 117km to Huntsville
- Exit at Muskoka Road 2/Huntsville/Ravenscliffe
- Turn left, over the bridge, and follow Ravenscliffe for 5.3km
- Veer right onto South Waseosa Lake Road with sign posted (Camp Huronda 6)
- You will see a big Camp Huronda sign with a staff member to direct you!



## HEALTH CARE AT CAMP

Your family's continuing good health is important to us. Registered Nurses and a Registered Dietitian will be available throughout Family Camp for consultation; however **parents and guardians are responsible for the diabetes management** in their family throughout the camp program. For most children, camp provides much more physical activity than usual and therefore changes in blood glucose levels should be expected. In case of emergencies, camp staff members are certified in Standard First Aid and CPR-C. Remember that one of the best ways for your family to stay healthy is for each person to wash their hands before every meal and not to share food or drinks. **Please ensure that you have also packed adequate supplies of any other non-diabetes medications with you for your Family Camp session.** While we do have extra diabetes supplies available, some items are limited. A fridge will always be available, typically in the main dining hall, for insulin storage during the program. We always encourage our child participants living with diabetes to have their glucometers on them/available during activities. D-Camps staff members are always available and happy to carry any items for you, or you can also bring along a small day-pack for these items as we move through the busy days!

## WHAT TO EXPECT AT FAMILY CAMP

Over the course of your Family Camp experience, adults and children will have the opportunity to participate in a wide variety of activities and experiences. In everything we do at Family Camp, we emphasize creativity, skill development, and relationship-building in a safe, fun-filled atmosphere designed to encourage growth, learning, and the development of self-confidence.

Throughout your time, much of the camp program will be divided into three streams. One stream will be for children and youth, the second stream will be for adults, parents, and caregivers, and the last stream is for families as a whole!

<b>Family Camp Activities</b>	Archery, Art, Canoeing & Kayaking, Music, Static Course, Low Ropes, High Ropes Elements, Mountain Biking, Outdoor Living Skills, Pottery, Swimming, Nature Hikes, Land Sports, Field Games
<b>Adult Seminar Topic (Based on Speaker Availability)</b>	Discussion Groups, Team Building, Carb Counting, Diabetes 101, Financial Planning and Living with Diabetes, Athletics and Diabetes, Question and Answer Periods, Self-Care, Insulin Pump Therapy, Diabetes Technology
<b>Evening Program</b>	Every night at Family Camp, the whole camp community comes together to take part in activities like capture the flag campfires, camp-wide games and many other themed activities.



## MEALS AND ACCOMMODATIONS

Accommodations will vary based on camp location. Please submit any requests for accommodations well in advance to your Camp Coordinator.

Those attending our Family Camp Programs can expect individual cabins and or rooms for each family. As the Huronda site has a variety of cabin styles, some families will have a private cabin to themselves while some may share more of a lodge style accommodation with shared washroom facilities.

Laundry facilities are available if needed as well. Should you need to wash anything during your program, please let a D-Camps staff member know and they are happy to help you out.

All Ontario Family Camps provide three nutritious meals, which have been reviewed by our dietitian, as well as snacks each day. All meals are served family-style, and families are encouraged to sit with each other. Carb counts will be available for all meals. Additionally, low supplies will be provided (juice and Dex4). Staff also wash the dishes and clean the washrooms and other common areas. Staff and volunteers from Diabetes Canada will be available throughout your stay to assist you as well.

Plenty of food is provided for families over the course of the weekend. We encourage families to avoid packing lots of extra food for the weekend, as it should not be needed. However, if you feel it is necessary to pack some extra food, we ask that it is packed in a sealed Rubbermaid container and is locked in your vehicle. Please dispose of food wrappers and packaging in main dining area only. All of our sites are nut-free facilities that discourage participants bringing outside food.

## FOOD, NUTRITION, AND ALLERGY POLICY

For all of our Ontario Family Camp Programming, we aim to offer a healthy, balanced diet throughout your time at camp. The Dietitians and kitchen staff work hard to ensure that meals and snacks are nutritionally balanced, carb counted, as well as delicious and satisfying.

We understand that some participants have dietary restrictions or concerns. At D-Camps, in support with our rental facilities, we try to accommodate most dietary needs to the best of our ability. For programs held at Camp Huronda, please see the information below.



## Nut Allergies

Camp Huronda is a nut sensitive camp. We do not allow or serve foods/snacks that “contain” nuts and greatly monitor our products that say “may contain” or “made in a facility”. We have found that over the years that products that were once free of nuts have now changed their labeling to “made in a facility”. We do not have peanut butter on-site or other nut products and use soy butter as an alternative where appropriate. Some of our food items may be manufactured in a “nut containing facility”, and we cannot guarantee that our food is delivered in a nut-free vehicle. Our food service provider is also committed to being an “allergy-aware” space.

## Celiac/Gluten-Free

We do our best to accommodate for gluten sensitivity and allergies. We offer gluten free (GF) substitutes at each meal and snack. We take steps to reduce cross-contamination; however, we cannot guarantee this due to limited cooking facilities at camp. We have a designated GF toaster, wash surfaces between use and keep GF foods separate from gluten-containing foods when storing, refrigerating, and serving. Where possible we serve certified gluten free food and have taken significant steps to conduct our baking off site.

## Vegetarian/Vegan

If you or your camper requires a vegetarian/vegan diet, non-meat options are available at every meal. This must be indicated on camp forms to ensure the kitchen prepares enough of the vegetarian/vegan food.

## Other (Kosher, Halal, Other Dietary Needs)

Other dietary concerns may be accommodated upon request. Please indicate dietary concerns on intake forms. We will work with you and your camper to ensure the best possible eating experience while at camp!

We understand some families may wish to pack their own snacks or low supplies and treatments for their time at camp. We ask you to respect our nut policy outlined above and do not bring any nut products or products that may contain nuts for the safety of our entire camp community. Additionally, if you wish to bring your own food, we encourage you to store in an animal safe bin, such as a sealed plastic container.

## PACKING LIST

Please see the following page for a suggested packing list. However, you know your family better than anyone so please use the included list as a guideline to help in your preparations!



## SUGGESTED PACKING LIST

### Medical

- Insulin, pens/syringes or pump supplies
- CGM/FGM supplies
- Meters and strips
- Other medications  
(must be in original container)

### Camp Stuff

- Sleeping bag (or sheets/blankets)
- If bringing Sheets make sure they are for a single bed
- Pillow
- Flashlight & extra batteries
- Insect repellent
- Toiletry kit (soap, facecloth, toothbrush, toothpaste, comb, deodorant, etc.)
- 1-2 lightweight towels (easy drying for showers)
- Books to read
- Camera
- Daypack
- Sunscreen (for all seasons)
- Water bottle

### General Clothing

- 3 pairs of socks
- 3 pairs of underwear
- 1 pair of pants/sweatpants
- 2 - 3 t-shirts
- 2 sweatshirts/long-sleeve shirts
- Waterproof rain jacket
- Rubber boots
- 2 pairs of shoes
- Sandals
- Pajamas

### Warm Weather Clothing

- 1-2 swimsuits
- 2 pairs of shorts/lightweight pants
- Rash guard or UV-protective shirt

### Optional\*

- Bicycle helmet
- Lifejacket/PFD
- Climbing harness

\*D-Camps will provide all activity required equipment, however, if you wish to bring your own you are welcome. All equipment must be inspected prior to use.

## WHAT NOT TO BRING TO FAMILY CAMP

Please do not bring any of the following items with you for the weekend:

- × Knives – including pocket knives
- × Alcohol
- × Non-prescription drugs or drugs not prescribed to the participants
- × Food items that contain nuts or may contain traces of nuts

## BEDDING

Beds with mattresses are provided, however sheets, pillows, blankets, and sleeping bags are not. Please be sure that you have enough bedding for your family, appropriate for the season with the possibility of cool nights. All beds will be single sized so please bring appropriate bedding.





# ELECTRONICS POLICY

Participants are welcome to bring electronic devices to Family Camp. We do ask that if you choose to use your cell phone, please step away from the group so as to not disturb the other participants. As well, there are many apps, websites and programs that participants can use to help manage their diabetes, and we encourage participants to share their favourite apps with others.

We cannot guarantee that there will be cell service on site, nor can we guarantee that each family cabin will have access to a charging plug (although there will be plugs available in the main buildings). We expect that all participants will use electronics responsibly, behave in a way that is respectful to others, and ask other's permission before sharing any information, photos or videos online. Additionally, there is wifi access in the main dining hall building for those who may need access.

## PET POLICY

No pets, except for certified service animals, are permitted at camp. Please contact the Camp Coordinator if you have any questions.

## CAMP CLOTHING SALES

You will have the opportunity to purchase camp clothing and merchandise throughout the duration of Family Camp. Cash, credit card, or cheque are the accepted methods of payment.



## SERVING DIVERSE PARTICIPANTS

At Diabetes Canada and D-Camps, we believe that our camps 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 registration forms as fully and truthfully as possible. The more we know about our participants, the better we are able to support their needs.

If you have any questions about the fit of your child for our programs, please contact our Camp Coordinator or Manager to discuss the support we can provide.

## CANCELLATION/REFUND POLICY

Camp fees (less deposit) are fully refundable with adequate notification. Notification of cancellation **is required in writing or via email** and must be received by the **Camp Administrative Coordinator** no later than four weeks prior to the camp start date to qualify for a refund. Cancellation requests made later will be considered on a case-by-case basis. Please note that cancellations must be made directly through the Camp Administrative Coordinator and cannot be made through area branch offices or other Diabetes Canada staff. Families who do not cancel will still be required to pay the balance of their camp fees.

If you decide to cancel your camp registration or send in a paper version of registration forms, please contact:

Administrative Coordinator, Camps & Youth Programs  
Diabetes Canada  
camps@diabetes.ca or 1-800-BANTING

