

# 2023 CAMP GUIDE



**CAMP  
DISCOVERY**  
**D-CAMPS**



**DIABETES  
CANADA**

**D-CAMPS**

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# 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 17<sup>th</sup> 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



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## PACKING LIST

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

<b>MEDICAL</b>		
<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>		
<b>CLOTHING</b>		
<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 of swim socks (socks intended for use in the pool)	<input type="checkbox"/> 1 pair athletic sandals <input type="checkbox"/> 1 waterproof rain suit <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
<b>SUN SAFETY</b>		
<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
<b>CAMP STUFF</b>		
<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.	<b>OPTIONAL:</b> <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
<b>WHAT NOT TO BRING</b>		
<ul style="list-style-type: none"> <li>× Alcohol, non-prescriptions drugs, drugs not prescribed to the camper, tobacco products, electronic smoking devices</li> <li>× Knives, including camping or Swiss army knives</li> <li>× Valuable or precious items</li> <li>× Matches or lighters</li> <li>× Food</li> </ul>	<ul style="list-style-type: none"> <li>× <u>ANY</u> non-medical electronics with the exception of digital cameras</li> <li>× Smartphones, even if you use them for diabetes management outside of camp</li> <li>× Nightscout or similar devices</li> <li>× <i>Please contact the Camp Director if you have questions about any diabetes management technology you wish to bring</i></li> </ul>	
<p><b>Diabetes Canada is not responsible for lost or stolen items</b></p>		



# Dates and Details

**(Camp Discovery, London Ontario (Session August 14<sup>th</sup>-19<sup>th</sup> · 2022)**

Camp Discovery was founded in 2004 and has since become an integral part of the D-Camps program. After almost a decade at its original site, Camp Discovery moved to Easter Seals Camp Woodeden on the western outskirts of London, Ontario.

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 13, 2023**  
Campers Ages 7-9 10AM  
Campers Ages 10+ 11AM

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 18, 2023 12:00PM-2:00PM (ALL CAMPERS)**

## End-of-Session BBQ

At the end of each session, parents and guardians are invited to join us for a BBQ lunch hosted at Camp Discovery prior to departure. When picking up your camper on the last day of camp, you now have the option of staying for lunch, taking a tour of camp, and trying out a few camp activities. Lunch will be served at 12:30 pm – if you want to join us for lunch, please arrive between 12:00 pm and 12:30 pm. The BBQ will end at 2:00 pm and all families must depart by that time.

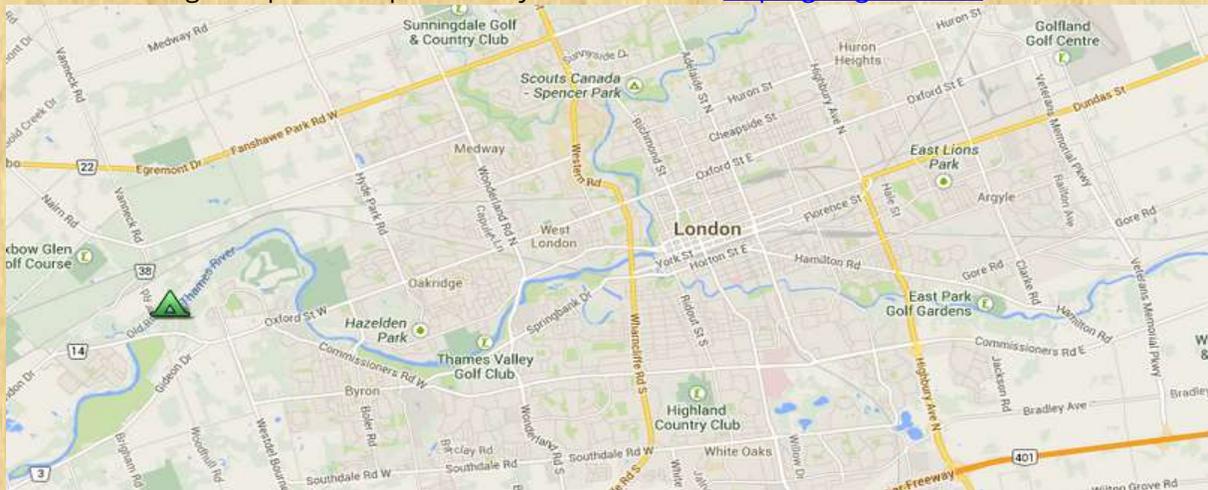
There is an option as part of your online registration where you can RSVP for this. We will also send out reminders closer to the summer.



## DIRECTIONS AND TRANSPORTATION

### Google Map to Camp Discovery

To access a Google Map for Camp Discovery follow this link <http://goo.gl/G9En2o>



### Directions from Toronto/Kitchener/Woodstock

- ↑ Take Highway 401 West
- ↑ Keep right on Highway 402 West
- ↑ Take Exit 82 for County Road 14/Glendon Drive towards Komoka
- ↩ Turn left onto Glendon Drive (signs for County Road 14E/Glendon Drive)
- ↩ Turn left to Easter Seals Camp Woodeden

### Directions from Windsor

- ↑ Take Highway 401 east
- ↪ Take exit 177B for Colonel Talbot Road/ON-4 North
- ↩ Turn left onto Longwood Road
- ↪ Turn right onto Westdel Bourne
- ↩ Turn left onto Oxford Street West
- ↪ Turn right to Easter Seals Camp Woodeden

### Directions from Sarnia

- ↑ Take Highway 402 West (signs for London)
- ↪ Take exit 82 for County Road 14E/Glendon Drive north
- ↑ Continue onto Oxford Street West
- ↩ Turn left to Easter Seals Camp Woodeden



## 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.

<b>Cabin Rotation Activities</b>	Archery, Art, Climbing Wall, High Ropes Course, Land Sports, Pottery, Photography, Sledge Hockey, Swimming, Wheelchair Basketball
<b>Evening Program</b>	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 campers and 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, 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 are able to support their needs.

If you have any questions about the fit of your child at our programs, please contact our Camp Director or Manager 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. Outgoing mail will not be read and 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  
Easter Seals Camp Woodeden  
2311 Oxford St. West  
London, ON N6K 4P1

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, D-Camps management and medical teams are excited to report the beginning of officially integrating Continuous Glucose Monitoring (CGM) systems within overnight summer camp programs. This document is to serve as a guide for the day-to-day application of CGM within the camp context. We welcome 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.

As with all of our policies and procedures, it is important to note that we are bound by Health Canada guidelines on all products and strive to comply with the Diabetes Canada Clinical Practice Guidelines (CPG). We are not able to use non-Health Canada approved CGM devices at D-Camps. While at camp, all CGM campers will continue to receive the same high-quality monitoring and medical attention as in previous years. CGM campers' blood glucose (BG) readings will be tracked both from the sensor reading and finger pokes as appropriate to their device.

### 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 G6/G5 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. Campers who use Dexcom receivers will have the option (at their own risk) to carry their receiver with them in a secure pouch during the day. At night, all receivers must be placed in the in-cabin charging stations for access by the medical team. Campers using CGM technology that communicates with their pump will continue as normal. 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.

