

# 2023 LDP CAMP GUIDE



**CAMP  
LION MAXWELL**  
DCAMPS



**CAMP  
MORTON**  
DCAMPS



**DIABETES  
CANADA**

**DCAMPS**

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# A LETTER TO ALL LDP PARTICIPANTS AND FAMILIES

Dear LDPs and Families,

We are so excited that you will be joining us for our Maritime Leadership Development program (LDP) at Camp Morton and Lion Maxwell this summer.

The D-Camps LDP is a transitional period between being a camper and becoming a leader at camp, and beyond. Not only is the program designed to provide youth with the skills necessary to become an effective camp counsellor, it also aims to promote personal growth and development, and a greater sense of self-esteem. The emphasis in LDP is on the development of both leadership soft skills in areas such as communication, camper care, and team building as well as physical hard skills, such as canoeing, camping, archery, etc.

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
- What to Expect as an LDP
- LDP Diabetes Management
- Camp Facility and Registration

From all of us at Diabetes Canada and Camp Lion Maxwell, we are very excited that you are joining the D-Camps family. If you have any questions or concerns, please contact us about camp at any time using the information below.

Sincerely,

The D-Camps Team



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# PACKING LIST

Please label everything your participant brings to camp.

<b>MEDICAL</b>		
<input type="checkbox"/> Insulin <input type="checkbox"/> Insulin Pens & Pen tips or Syringes <input type="checkbox"/> Pump Supplies (labelled) <input type="checkbox"/> Other medications (must be in original containers, given to medical staff during registration)	<input type="checkbox"/> Extra Pump Battery <input type="checkbox"/> CGM (sensors, transmitter, receiver) – please read the D-Camps Guide to see how these tools work at camp.	
<p>Please pack enough medical/diabetes management supplies for the duration of the session. Camp Maxwell will supply lancets, blood glucose meters, testing strips, and ketone testing supplies. Camp Maxwell will also supply emergency medical supplies, like glucagon.</p>		
<b>CLOTHING</b>		
<input type="checkbox"/> Supply of underwear and socks for the session <input type="checkbox"/> 4 pairs of shorts <input type="checkbox"/> 4 pairs of pants/sweatpants <input type="checkbox"/> 9 t-shirts <input type="checkbox"/> 2 sets of pajamas	<input type="checkbox"/> 2 sweatshirts <input type="checkbox"/> 1-2 long-sleeve shirts <input type="checkbox"/> 2 pairs of shoes (one pair should be running shoes) <input type="checkbox"/> 1 pair athletic sandals	<input type="checkbox"/> 1 waterproof raincoat <input type="checkbox"/> 1 pair rubber boots <input type="checkbox"/> 2 swim suits (Athletic fit, no bikinis please) <input type="checkbox"/> Nice clothes for ( <i>week 2 Maxwell banquet</i> )
<b>SUN SAFETY</b>		
<input type="checkbox"/> 1 hat with brim (mandatory) <input type="checkbox"/> Water bottle (mandatory)	<input type="checkbox"/> Sunscreen (minimum 30 SPF)	<input type="checkbox"/> UV Protective/Swim Shirt <input type="checkbox"/> Sunglasses
<b>CAMP STUFF</b>		
<input type="checkbox"/> Sleeping Bag & Pillow <input type="checkbox"/> Camp mat or single air mattress ( <i>for Morton</i> ) <input type="checkbox"/> Mesh bag with camp dishes/cutlery; fork, plate, cup etc. ( <i>Week 1 Morton</i> ) <input type="checkbox"/> Insect repellent <input type="checkbox"/> Toiletry Kit (soap, shampoo, facecloth, toothbrush, toothpaste, comb, deodorant, etc.)	<input type="checkbox"/> 2 lightweight towels (easy drying) <input type="checkbox"/> Backpack (for camera, rain gear, water bottle, notebook, etc.) <input type="checkbox"/> Camera (cell phones with camera are NOT acceptable) <input type="checkbox"/> Empty plastic bags for wet & dirty clothes <input type="checkbox"/> Flashlight/Headlamp <input type="checkbox"/> Personal Alarm Clock	<b>OPTIONAL</b> <input type="checkbox"/> Pens and paper <input type="checkbox"/> Silly Costumes <input type="checkbox"/> Musical instruments <input type="checkbox"/> Games
<b>WHAT NOT TO BRING</b>		
<ul style="list-style-type: none"> <li>× Alcohol, non-prescription 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 (i.e. jewellery)</li> <li>× Matches or lighters</li> </ul>	<ul style="list-style-type: none"> <li>× <u>ANY</u> non-medical electronics with the exception of digital camera</li> <li>× Smartphones (unless being used as a Dexcom G6 receiver – follow up required)</li> <li>× Nightscout or similar devices</li> <li>× Food</li> </ul>	

Diabetes Canada is not responsible for lost or stolen items.



## WHAT TO EXPECT AS AN LDP

D-Camps Atlantic is excited to share we have moved to a two year Leadership Development Program. Participants will complete LDP 1 and LDP 2 before having the option to apply as a staff member with D-Camps.

### LEADERSHIP DEVELOPMENT PROGRAM 1 (LDP 1)

The first year of our Leadership Development program designed for 16 – year -old participants takes place at Camp Morton and Camp Lion Maxwell. It focuses on developing hard skills, such as canoeing and outdoor living skills and laying the foundation for Maritime LDP 2. This program allows the participants a chance to learn more about their own individual leadership style and how to work in a group setting. It includes opportunities to shadow camp staff in their program facilitation.

### LEADERSHIP DEVELOPMENT PROGRAM 2 (LDP 2)

The second year of our Leadership Development Program is designed 17-year old and takes place at Camp Morton and Camp Lion Maxwell. Building on the skills they learned in LDP1 participants will shadow staff, in both instructor and counsellor roles. They will continue to work on the vital soft skills that are integral in developing as a future camp counsellor. This program focuses on the growth of counselling, facilitation, and teaching skills. The highlight of this program will see our LDP2 group plan and run a campfire for all of Camp Maxwell.

### LDP DIABETES MANAGEMENT

Participant health is one of our key priorities for the LDP Program. Our team of Doctors, Diabetes Educators, Registered Nurses, and Registered Dietitians are dedicated to the wellbeing of your child. This includes helping your LDP to manage their diabetes independently, as well as looking after other medical needs. LDPs undergo the same regimen of blood glucose monitoring, careful carb-counting, and insulin delivery as the rest of camp, yet they will be in charge of their own day-to-day diabetes management. They will be required to log their daily diabetes management activity and check in with the Healthcare Team at least once a day to ensure they are following the proper diabetes management procedures.

We highly encourage our LDP participants to see their time at camp as a learning experience regardless of their diabetes management path. As part of their transition towards potential camp staff, role-modelling effective diabetes management, promoting a positive attitude towards treatment in other campers, and maximizing their physician visits will all be important aspects of the LDP expectations.





# CAMP FACILITY AND REGISTRATION



## **LEADERSHIP WEEK 1:**

Camp Morton is hosted by Kejimikujik national park at the group campsite. Please arrive on time at Jim Charles point; registration will begin July 9<sup>th</sup> at 2pm in the group shelter. Please do not arrive before 2:00pm, as we will be preparing for LDPs to arrive. Please ensure you have had lunch before arriving at camp. Please do not arrive to pick your LDP up at the end of the session week before 10:00am, unless previously arranged with the camp director.

## **DROP OFF**

**2:00PM, SUNDAY JULY 9<sup>TH</sup>**

## **PICK UP**

**10:30AM FRIDAY JULY 14<sup>TH</sup>**

## **SECURITY PASS**

As a security measure we will require the parent/guardian who is picking up your teen from camp to have the SECURITY PASS that was given to you during your registration. Your teen will not be released without the appropriate security pass.

If you wish to pick your teen up earlier, arrangements must be made with the Camp Director, Morgan Tobin, well before checkout





## CAMP FACILITY & REGISTRATION



### **LEADERSHIP WEEK 2**

Camp Lion Maxwell is held at the Camp Kadimah site located at 1681 Barss Corner Rd. in picturesque Lunenburg County, Nova Scotia.

LDPs should arrive Tuesday August 16<sup>th</sup> at 1:00pm. Please proceed in your car to Gate 5 and a staff member will be there to greet you. Please do not park on the shoulder of the road across the street from camp. Please do not arrive earlier than 1:00pm, as we will still be preparing for LDPs to arrive.

We ask all parents to be at camp for Sunday August 21<sup>st</sup> at 10:00am as we will be having a parent's morning and presentation for LDPs and their families. All LDPs will be allowed to checkout after the closing ceremony, but no one will be permitted to checkout during the ceremony. We ask that you do not arrive earlier than 10am, as we will still be cleaning and packing up.

### **DROP OFF**

**TUESDAY, AUGUST 22<sup>ND</sup> AT 1:00PM**

### **PICK UP**

**SUNDAY, AUGUST 27<sup>TH</sup> AT 10:00AM**

### **SECURITY PASS**

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