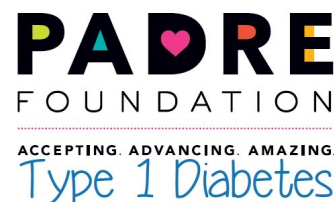




## Guide to Winter Family Camp January 18 - 20, 2020



### Welcome:

All of us at Diabetes Camping and Educational Services and the PADRE Foundation are thrilled for you to experience our joint winter weekend at Camp Conrad Chinnock. At Camp, you'll have an opportunity to interact and socialize with others who fully understand Type 1 diabetes, while sharing related stories, fears, emotions, and past experiences. Attendees will also experience workshops, diabetes coping skills, snow play, and hear from inspiring speakers on the triumphs and challenges of life with diabetes. It's our goal that you leave camp with a sense of belonging, as we are so excited to host this weekend for you and your family.

### Brown Bag-it!

As a part of our weekend icebreakers we ask that each family to bring one brown lunch bag filled with items that represent their family. Select five unique items about the individuals within your family that you would like to share with others. Remember, everything must fit in the brown bag. You can use pictures, souvenirs, trophies, small items, etc. to use to represent your family.

### General Information:

**Physical Address:** Camp Conrad Chinnock 4700 Jenks Lake Road East, Angelus Oaks, CA 92305  
(directions on page 8)

**Phone(s):** 310-751-3057 or 310-751-3056

**Email:** [info@diabetescamping.org](mailto:info@diabetescamping.org)

### Life at Camp Conrad Chinnock:

**My family wants to be in a cabin with another particular family. Will this happen?** During family camp, staff does their best to place families together who have been requested. When placing families together in a cabin, staff consider the ages and gender of the children and any special needs the family has indicated on their registration form.

**How many people are in each cabin?** There is an average of 7 to 10 people per cabin. There are two separate rooms with three bunk beds each. Each room is separated by a door length privacy curtain.

**What can be purchased at the camp store?** The camp store offers a variety of no or low-carbohydrate (sugar-free) snacks and drinks, such as soda, sunflower and pumpkin seeds, and beef jerky. A group camp picture is \$10. You may place credit in the store using a check, cash, MasterCard, Discover, or Visa. Other items include sweatshirts, hats, toiletries (toothbrush, deodorant, shampoo, etc.), toys, plush stuffed animals, coffee cups, backpacks, beanies, etc. Those items range in cost between \$1 and \$40.

**A Family member smokes. Is this a problem at camp?** Remember, everyone is surrounded by a National Forest that is extremely dry! Smoking is not permitted in the camp area! Individuals needing to smoke must do so at the campfire area when it is not in use, or leave the camp site. Be sure to safely extinguish your smoke.

**Are there any rules that should be observed at camp?** \*For your safety, as well as the comfort of others, please observe the following: Please be quiet between 10:00p.m. and 7:30 a.m., including the game lodge. \*Please knock on cabin doors before entering if you are sharing with another family. \*Please observe the privacy and “quiet space” of others while at camp \*Camp is surrounded by 100,000 acres of wilderness, and it can be very difficult to find your way if you are not familiar with the area. \*Do not throw rocks in the camp boundaries. \*Please check-in with the Store Manager before you go hiking. \*Leave all personal pets at home.

**My family likes to keep snacks in the cabin. Is this okay?** Mice, squirrels, chipmunks and raccoons enjoy the challenge of chewing through luggage to find hidden treats. Canned juice and glucose tablets are not typical animal favorites, so those are fine to leave in the cabin.

**How are meals and snacks handled?** There are three meals and snacks daily. Each meal and snack will have a posting as to the number of carbohydrates in each serving. Meals are scheduled at 8 a.m., 1 p.m., and 6 p.m., with snacks in the mid- morning, mid-afternoon, and late evening. Food is served buffet style, with families and staff sharing tables and conversation at meal time. Substitute and vegetarian foods are located near the kitchen on the center table or in the salad bar.

**Can you give me an idea of what a day at camp is like?** Days will begin with the wake-up bell and testing. After breakfast, parents will meet for various workshops and talks, while kids will be involved in staff run activities. Snack time follows along with family break time and then more testing and lunch. Afternoons will vary between parent alone/family scheduled time and seminars. Children will be in seminar sessions interspersed with fun time games, crafts, hikes and “networking time” are all worked into the daily schedule. Evenings is campfire time. Be ready to laugh, act silly and generally get into camp life!

## Special Guests:



**ERIC Tozer** MADE HISTORY, BECOMING THE FIRST PERSON WITH TYPE 1 DIABETES (T1D) TO COMPLETE THE WORLD MARATHON CHALLENGE, RUNNING 7 MARATHONS ON 7 CONTINENTS IN 7 CONSECUTIVE DAYS.

"Sports taught me invaluable lessons like commitment, teamwork, dedication, and how to win and lose with class."

Eric will share his inspiring story in partnership with Tandem Diabetes.

**NAATHAN PHAN** IS A MULTI-TALENTED, AWARD-WINNING ENTERTAINER WHO HAS HEADLINED STAGES ACROSS THE GLOBE, APPEARED IN FILMS SUCH AS SUPERBAD, HAS BEEN REGULARLY FEATURED ON NATIONAL TELEVISION NETWORKS INCLUDING NBC, SYFY, THE CW, AND COMEDY CENTRAL SINCE THE AGE OF 23, AND IS A REGULAR PERFORMER AT THE EXCLUSIVE, WORLD-FAMOUS MAGIC CASTLE IN HOLLYWOOD, CA!

Naathan will be doing an exclusive comedy and magic performance Sunday night at Winter Camp!



## Packing List:

**Top Packing Tips** Comfortable shoes and heavy socks prevent blisters on hikes. A small duffel bag will help to carry and keep track of essentials such as soap, shampoo, toothpaste, deodorant, comb and brush. Showers are in separate buildings from the cabins.

**DON'T PACK** Televisions, fireworks of any kind, weapons of any kind, expensive clothing or jewelry.

### SUGGESTED PACKING LIST:

- Your Brown Bag!
- Diabetes supplies!
- Pillow and warm sleeping bag (if light- weight sleeping bag, bring extra blankets) OR sheets/blankets for a twin-size mattress.
- Toiletry articles (comb, brush, shampoo, soap, toothbrush and toothpaste)
- Heavy, water resistant jacket or coat
- Insulated, water- resistant gloves
- Warm socks (bring extra pairs)
- Two pairs of shoes or boots (recommended—not required)
- Warm, winter rated clothing
- Towel and wash cloth
- Warm pajamas and bath robe (optional)
- Flashlight
- Sunscreen, lip balm / chapstick, and hand cream
- T-shirts
- Jeans or long pants
- Warm sweaters/ sweatshirts
- Comfortable shoes or sneakers (2 pairs)
- Socks and underwear
- Hat or cap with a brim
- Feminine sanitary supplies (if relevant)
- Outdoor seating chairs (optional)
- Camera with flash (optional)
- Sunglasses (optional)

## **Medical Management:**

**Should adjustments be made to insulin while at camp?** After years of experience and careful consideration our Medical Team strongly recommends that each diabetic member of your family cut their insulin dose by 20% while at camp. This should start with the lunch insulin on the first day, (including basal rates for those on pump therapy). High altitude, increased activity, and changes in eating habits can seriously decrease glucose levels during the first two days of camp. Our team also recommends testing at least once during the night, in addition to the bedtime test. Every cabin has a built-in phone in case there is the need to contact the medical team during the night. Do not waste precious time leaving your cabin to find help; the phone is the fastest way to mobilize our staff.

**What is the procedure for blood testing?** Everyone is encouraged to do their pre-meal and bed tests and injections in the dining room. This allows our campers with diabetes to share the experience with others doing the same thing. You will get a chance to see other testing meters and finger lancing devices. One of our medical staff will usually be in the dining room at this time to answer questions or discuss your child's numbers if you would like to do so.

**How is diabetes managed at family camp?** Diabetes management decisions are left up to each family while at family camp. The medical team is happy to advise and help with the decision-making process. There will be time to speak individually with the Physicians and Diabetes Educators by appointment, as well as, informally. This is a great opportunity to ask all those questions you only remember after leaving your doctor's office! While at camp, therapy and diabetes care suggestions are not to be used in place of the relationship your family already has with your regular diabetes specialist. Instead we ask that they be the topic of discussion at your next visit with him or her.

**Will my child have an opportunity to learn how to give an injection or insert their pump site?** Injection and insulin pump classes offered during the session are an extremely successful exercise in all the past years of family camp. Campers are so proud of themselves; everyone is encouraged to at least try!

**Where should used syringes and lancets be placed?** Sharps containers will be in all sleeping quarters as well as at the dining hall. Do not carry the sharps containers from place to place; if more are needed, let a staff member know. For safety of camp participants and staff, DO NOT place any sharps in the trash!

**When my child is with camp staff, how will I know if they had their blood tested or ate a snack?** Testing and snacking, at requested times when your child is in the care of our staff, will be done by listing the time the test is needed and the amount of carbohydrate for snack. If you wish to be notified of a test that is outside of your listed parameters, please note it on the sheet. Staff members will document the test, snack, and initial when completed. Our staff can take care of mild highs (sugar free punch) and lows (glucose tabs, juice or crackers) if you would like.

**What insurance coverage is provided while at camp?** DCES provides accident/ sickness coverage to campers. This coverage is secondary to private health insurance held by the family. This coverage is separate from our liability insurance and provides coverage for deductibles and co-pays as needed.

What will my family experience at camp?

Everyone can look forward to...

- Snow play (hopefully!)
- Crafts, lanyards, campfire,
- Enjoying nature,
- Learning about their health, inspiring guest speakers,
- How to give their injections or insert a pump site, count carbohydrates, learn about new technologies,
- Archery, animal exploration
- Fun with other families,
- Developing a new diabetes network, and
- Making lots of friends.

## **Camp Preparation:**

**What happens on the first day of camp?** You will arrive between 11:00 a.m. and 12:30 p.m. Lunch will be at 1 p.m. We will have an orientation followed by family recreation activities, introductions and games, and dinner. After dinner, staff will play a game with the kids while the parents enjoy a social hour with desserts and beverages. The night ends with a fun and entertaining campfire and snack.

**I still owe camp fees or haven't paid money for the camp store. Can I bring the money to check-in?** All fees must be paid by 10 days before camp unless alternative arrangements have been made through the administrative office. Contact the office if you have questions regarding your balance or store account.

**What kind of weather can we expect?** Generally, the temperatures are brisk during the day and into the 10's and 20's at night.

**Fun in the snow!?! Camp is at 6,800 feet, so listen to snow reports for the San Bernardino Mountains at or below that level. Day temperatures may range between 20's and 50's degrees. For current weather conditions, go to [http:// www.bensweather.com/](http://www.bensweather.com/).**

**What time do we check -in?** Check-in is between 11:00 a.m. and 12:30 p.m. and activities begin thereafter. Lunch is at 1:00 p.m.

**What time do we leave?** 10:00 a.m. on the last day (Monday).

**A family member has special needs. How can they be accommodated?** If a family member needs additional assistance, you must notify the administrative office at least two weeks prior to the camp. If the person may only eat certain foods (e.g., celiac, lactose intolerant, etc.), those unique foods will need to be brought to camp; this is coordinated with the Food Service Manager. Serious allergies, physical limitations, and developmental disabilities need prior notification to enable each person to enjoy camp to their potential.

**What is the process at check-in?** At check-in, a representative will let you know who you will be sharing a cab- in with and take your family on a camp tour if it's your first time. While at check-in, you can make a deposit for your family's camp store account to pay for a camp photo and other incidentals at the camp store. Check-in occurs in the dining hall. Please park in the parking lot, leave your items in the car, and walk towards the dining hall. Just look for the signs!

## Directions:

**Road Conditions:** To check on conditions of Highway 38, go to <http://www.dot.ca.gov/cgi-bin/roads.cgi> or call 800-427-7623. The Highway Patrol requires all vehicles to carry chains/cables or have four-wheel drive. It's imperative to have tire chains/cables during the winter months when traveling to Camp if you don't have four-wheel drive.

### Directions to Camp Conrad Chinnock:

- 1) Take Interstate 10 towards Redlands. If you are driving east bound on I-10, exit University Avenue and proceed north (towards the mountains). You will pass through the University of Redlands. Go until you reach Lugonia Avenue.
  - a. If you are driving west bound on I-10, exit Cypress Avenue and turn right. Turn right on Citrus Avenue. Turn left on Judson/Ford St and proceed about one mile until Lugonia Avenue.
- 2) At Lugonia Avenue (Highway 38), turn right. Proceed approximately 27 miles up the mountain (**DO NOT** go towards Forest Falls).
- 3) Turn right on Jenks Lake Road, East. You will encounter Jenks Lake Road, West before the East route, but continue to the East route. Watch for mile marker 29.7.
- 4) Proceed up the road and turn right at the sign for Camp Conrad Chinnock.

*For an online map, try <http://maps.yahoo.com> as it seems to be the most accurate choice. If you reach the South Fork campground you went too far - turn around! If you get lost, call 310-751-3057.*

