

## 2021 Teen Camp Information Packet



Welcome to Camp!

We hope your teen is ready to experience a life changing session! Our dedicated staff have created a program that will enable your camper to learn more about Type 1 diabetes while sharing common experiences with other campers in a fun and supportive environment. To help you get prepared, we compiled some important information to ensure your camper has a great time at Camp Conrad Chinnock.

- **Camp Forms:** Be sure you have submitted all required Camp forms in your **Online Camp Account** before your child's sessions (Health History, Covid-19 Vaccine Card, or Negative PCR Covid-19 Test results, etc.)
- **Specialty Packing Items:** Each camper should bring **talent show props, a plain white t-shirt** that they can tie-dye, **twin dinner clothing, theme related decorations and outfits for dances,** and a **Halloween costume.**
- **Medication and Diabetes Supplies:** Camp will provide insulin, lancets, meters, blood testing strips, and glucagon. Campers only need to bring **pump supplies, sensor supplies, specialty insulin, (2) two bottles of glucose tabs, and any additional medication** not related to diabetes, which can be enclosed in a labeled plastic Ziploc bag and checked in at Camp.
- **Medical Forms:** A completed **Pre-Camp Medical Information Form** and **Health Screening** form (enclosed in this packet) will need to be brought with the camper to check-in. These are mandatory forms and campers will not be allowed to enter camp without them.

### First Day of Camp:

- **\*Session 1: July 10<sup>th</sup> | \*Session 2: July 18<sup>th</sup>**
- In order to ensure a smooth and stress-free first day of camp, please follow the drop off schedule listed below (July 10<sup>th</sup>):
  - **1pm – 16 and 17-year-old**
  - **2pm – 15 year old**
  - **3pm – 13 and 14 year old**
- Check-in is between the hours of 1:00pm to 3:00pm at Camp Conrad Chinnock. Campers will be assigned a check-in time one week prior to their session.
- Campers need to eat lunch before arriving to Camp Conrad Chinnock.
- After your camper has been cleared by our leadership staff, they will be instructed to then take their luggage to their cabins (*parents are prohibited in the cabin areas*) and meet their cabinmates.
- Once everyone has been checked-in we will have an energetic first day orientation, followed by a tour of the camp grounds. Campers will test their blood sugar and take their insulin before dinner. We will end the evening with an enthusiastic Campfire.

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### Camp Day Schedule:

- Each day starts with testing blood sugars and breakfast at 8:00am. The day's schedule and announcements will be gone over at the flag pole meeting each day.
- Campers then participate in morning activities like archery, gaga ball, swimming, crafts, diabetes discussions, sports, nature, and climbing wall. Lunch is served at 1:00pm, followed by a rest period and free-time. Dinner is served at 6:00pm before nightly twilight activities like dances, campfires, cabin games, talent shows, and storytelling under the stars.
- Review our updated **Covid-19 guidelines** about protocols at [www.diabetescamping.org/forms](http://www.diabetescamping.org/forms)

### Last Day at Camp:

- **\*Session 1: July 16<sup>th</sup> 2021 | \* Session 2: July 24<sup>th</sup> 2021**
- Camp ends after breakfast on the last day of the session, please arrive to Camp promptly at **10:00am**. Please remain by your car to pick-up your camper. We ask that parents do not enter camps facilities.
- After the initial 30-minute grace period, the late pick-up fee of \$15 per 15 minutes, or portions thereof, will be assessed. If no one is present to pick-up the camper, staff will begin contacting the parent(s)/guardian(s) followed by emergency contacts.
- Campers attending both Session 1 and Session 2 are prohibited to stay in between sessions, as we need time to sanitize our facility for new incoming campers.
- Review our updated **Covid-19 guidelines** about protocols at [www.diabetescamping.org/forms](http://www.diabetescamping.org/forms)

### Driving Directions:

Camp Conrad Chinnock  
4700 Jenks Lake Road, East  
Angelus Oaks, CA 92305

- 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.
- 2.) 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.
- 3.) At Lugonia Avenue (Highway 38), turn right. Proceed approximately 27 miles up the mountain (DO NOT go towards Forest Falls).
- 4.) 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
- 5.) Proceed up the road and turn right at the sign for Camp Conrad Chinnock. *\*If you reach the South Fork campground you went too far - turn around!*

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### Driving Check List:

- Be sure you have enough gas in your vehicle to make it up the Mountain.
- For road conditions, visit [www.dot.ca.gov](http://www.dot.ca.gov) and view Highway 38.
- Depending on the snow conditions the Highway Patrol requires all vehicles to carry chains/cables or have four-wheel drive with snow tires.
- Angelus Oaks weather conditions, visit: <https://www.bensweather.com>
- Need additional assistance? Contact our Business Office at [310-751-3057](tel:310-751-3057).

### Cabin Life:

- For 2021 there is an average of 7 to 10 campers per cabin, with a trained cabin counselor. There are 6 bunk beds in each cabin, and campers need to bring their own bedding (*sleeping bag and twin sheet recommended*).
- Each cabin is equipped with a toilet and sink. Showers are in a separate building.
- Review our updated **Covid-19 guidelines** about protocols at [www.diabetescamping.org/forms](http://www.diabetescamping.org/forms)

### Food:

- Three meals and 2 snacks are provided daily. Each meal and snack will have a posting as to the number of carbohydrates in each serving. Meals are scheduled at 8:00am, 1:00pm, and 6:00pm, with snacks in between. Gluten-free and vegetarian options are available for those who indicated these needs on their application. Campers will need to bring their own food for any other specialty diets. Dietary staff will be at Camp to assist campers with meals and carb counting.
- Our camp store is also available for campers and staff to purchase low carb. snacks throughout the day.
- Review our updated **Covid-19 guidelines** about protocols at [www.diabetescamping.org/forms](http://www.diabetescamping.org/forms)

### \*Cell Phone and Internet:

- Making calls or send and receive text messages are **\*not allowed** while your camper is at Camp, as we want them to be fully engaged within our activities.
- Those who wish to bring their cell phone for photos, music, and/or their Dexcom sensor must **remove their SIM card** (*Dexcom's do work without SIM cards*). There are no exceptions to this rule.
- Camp is not responsible for any lost, broken, or stolen SIM cards or cell phones.

### Camp Store:

- You may place credit in the camp store through your Online Camp Account. Cash is not accepted. Through your Camp Account, you will also be able to see your camper's funds during the weekend and add additional money if desired.
- The camp store offers a variety of no- or low-carbohydrate (sugar-free) snacks and drinks, such as diet soda, sunflower and pumpkin seeds, ice cream, and beef jerky. These can be purchased in limited quantities daily.

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### Weather:

- Generally, the temperatures are warm during the day and quite cool at night. The mountains are also known for surprise rain showers.
- Please pack shorts for daytime, long pants and a warm coat or sweatshirt for night. For rain, it is advisable to pack a poncho or raincoat. Swimsuits often do not dry out before the next time they are needed. We do advise packing extras for young children who do not like that wet clammy feeling.

### Camp Rules:

- It's important that you read and review the rules of Camp that you electronically signed/agreed through our Camp Minder registration portal.
- Please visit your campers Camp Minder Registration portal at [www.diabetescamping.org](http://www.diabetescamping.org) to review.
- Review our updated **Covid-19 guidelines** about protocols at [www.diabetescamping.org/forms](http://www.diabetescamping.org/forms)

### Summer Theme:

- Every year Camp chooses a theme for the summer. This year's theme is **"Wild for Camp!"**, some of our youth and teen program activities this season will be based around animals that live within the forest, as we welcome everyone back to Camp!
- Campers are encouraged to pack animal themed outfits, costumes, face paint, wall cutouts, streamers...
- We want to see your cabin décor and themed apparel up on the mountain!



### Communication:

- During the camp sessions, parents are not permitted to make unannounced visits. With approximately 100 children at Camp, it is difficult to accommodate visits for every child. This also detracts from the experiences and personal growth your child will have while at Camp.
- Want to see the fun adventures and wild time your camper is having at Camp Conrad Chinnock visit our Facebook and Instagram pages for daily photo updates.
- Camp only has one phone line that is reserved for business calls. Campers are not permitted to make or receive calls while at Camp, but are able to send letters home. If you need to communicate with your child for an immediate matter, please call the Camp office and leave a voicemail.
- To mail a letter or package (NO FOOD ITEMS) to your camper, please use the following mailing address:

Camp Conrad Chinnock  
**Camper Name & Cabin #**  
4700 Jenks Lake Rd. East,  
Angelus Oaks, CA 92305

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### **Communication Suggestions:**

- Send your child a letter or package twice while they are at Camp. Receiving mail from friends and family are an important part of the camping experience and assists in reducing or eliminating homesickness.
- Send a note or postcard in advance to Camp so there will be a personalized touch of home when your child arrives. This lets young campers know that the family has not forgotten them. In your correspondence, assure the camper that you know that they are having a good time and express enthusiasm for the camp's activities.
- Send your child to Camp with pre-addressed, stamped envelopes if you'd like to stay informed on your camper's experience, but keep in mind, campers will want to spend the majority of their time bonding with their friends, not writing home.
- A helpful letter is one that asks the camper many questions on what they are doing at camp, about their new and old friends at camp, and what they learned about themselves and their diabetes. Although there are benefits in parents keeping youngsters informed of what's going on at home, don't go into great detail since the young adventurers might feel they're missing something back home. Directors advise parents not to mention how much they miss their children, "that the dog and cat miss them," or the family took a really great vacation without them.

### **Illness at Camp:**

- Illnesses spread quickly in the camp environment, especially during the winter months. For the safety of all Camp guests and staff, please do not send your child to Camp if they are ill or showing any signs of symptoms. You may contact the Camp Office to discuss other options regarding attendance and payment.
- In case of a serious accident or illness, parents are notified as soon as possible. As concerning as low and high blood sugars may be, they are common at Camp and the Medical Director will contact parents at their discretion.
- Review our updated **Covid-19 guidelines** about protocols at [www.diabetescamping.org/forms](http://www.diabetescamping.org/forms)

### **Diabetes Management:**

- Each cabin is assigned a medical team to monitor their blood sugars, dosages, medications, carbohydrates, and general health. Dosages/boluses are generally decreased 20% due to the increases in altitude and activity level. Dosages/boluses are based upon the previous day's blood sugars. At bed time, campers are preferred to have a blood sugar of at least 100. Medical teams do midnight rounds to test blood sugars and administer treatment, if needed, to campers who tend to drop at night or have a low blood sugar before bed time. Every cabin also has a built-in phone in case there is the need for counselors to contact the medical team during the night.
- All campers do their pre-meal and blood tests, injections, and carb counting together in the in the cabins or dining hall. This allows our campers to share the experience with others doing the same thing.
- Review our updated **Covid-19 guidelines** about protocols at [www.diabetescamping.org/forms](http://www.diabetescamping.org/forms)

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### **Medications and Diabetes Supplies:**

- Camp provides the following types of insulin Lilly, Novo-Nordisk, and Aventis U-100 human insulins: Humalog/Novolog, Regular (Lilly only), NPH (Lilly only), Levemir, Lantus, Tresiba, Basaglar, and Apidra. If your child uses insulin not listed or is not a U-100 (e.g., U-50), you must bring that to check-in.
- If your child uses an insulin pump and/or continuous glucose monitoring sensor, please send batteries, syringes, insertion sets, tape, charging cords and any other items they may use. Place these items in a large Ziploc bag with their name on the outside; turn this in at check-in. Pump sites are changed at least every three days, if not sooner. Cabin counselors can carry any receivers or devices in the cabin backpack.
- Your child SHOULD NOT pack their own lancing device, insulin pen, or blood glucose meter due to State and Federal Laws. Single-use disposable lancets are used to ensure campers and staff are safe from getting 'pricked' unnecessarily. With the variety of blood meters available, Camp uses the same meters that are calibrated on a regular basis, which ensures accurate blood sugar results. Campers can then manually enter their blood sugars into their pump.
- Children with prescribed medications must bring those items to check-in in their original pharmacy container/bottle, have camper's name on it, and be clearly labeled with dose and time given. DO NOT pack in suitcase. Please include explicit instructions for the Camp Doctor on all medications. Pack an adequate supply for your child's session. For safety, all medications (prescribed and over-the-counter) must be in a zip lock bag.

### **Health Insurance:**

- 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.

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### Packing List:

- Do not pack:
  - Fireworks of any kind
  - Weapons of any kind
  - Expensive clothing or jewelry

### Suggested Packing List:

- Pump/ CGM supplies
- 2 Bottles of glucose tabs to treat low blood sugars
- 7-10 disposable face masks for your time at Camp
  - *review our updated **COVID-19 Guidelines** about protocols*
- **\*Animal print clothing/ animal costumes**
- **\*Halloween costume**
- **\*White shirt for tie-dye**
- **\*White old clothing for color run**
- **\*Semi-formal attire for dance**
- **\*Twin dinner clothing**
- Pillow
- Warm sleeping bag or sheets/ blankets for a twin-size mattress
- Toiletries (brush, shampoo, soap, toothbrush, toothpaste, feminine sanitary supplies, lotion...)
- Shower caddy (showers are in a separate building from cabins)
- Towel and wash cloth
- Bathrobe (optional for walk to shower house)
- Bathing suit and beach towel
- Underwear and socks
- Comfortable shoes, sneakers, hiking boots
  - One pair of closed toed shoes
- Sandals (*shower and pool*)
- Warm pajamas
- Flashlight
- Musical instruments for campfire
- Sunscreen, lip balm/Chapstick
- T-shirts
- Shorts
- Jeans or long pants
- Warm sweaters/sweatshirts
- Hat or cap
- Raincoat or poncho
- Sunglasses
- Dirty clothes bag



A memorable Camp activity for many campers and staff involves the camp Talent Show. Talent shows allow campers to stand out, feel special, show their abilities and glow in the attention of their peers. If your camper has a talent, please plan on sharing it with our Camp!

- Sing a song or play an instrument
- Share a hidden talent
- Share your favorite jokes
- Choreograph a dance

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### Packing Tips:

- Remember, OLD clothes and shoes are best! Items will get dirty and may get lost.
- Pack items that are alike, like socks and underwear, in separate plastic bags helps keep clothes better organized since items will stay in their suitcase.
- Make sure the camper is part of the packing process so they will recognize the items they are bringing.
- Luggage Selection: Many parents find it necessary to buy or borrow luggage from friends and family. If this is true, you need to make sure that your child knows this luggage is theirs. This sounds a little strange, but every summer we have children who do not have all of their clothes because they do not recognize the bag you put it in. If the bag has pockets that the child does not know about, please let them know they are there.
- Label all clothing and personal items with permanent fabric marker! Remember to label glasses, contact lens cases, retainer cases, pumps, etc.
- Stress the importance and responsibility the camper must undertake to take care and keep track of clothing and possessions.
- Lost and Found items left at camp are taken to the Diabetes Camping and Educational Services office at the end of each summer and kept until the end of September.



