

WELCOME TO CAMP GILBERT

June 18th-June 23rd, 2017

Dear Campers & Parents:

We are looking forward to camp with great enthusiasm and hope that all of you are getting as excited as we are! This packet includes the following: directions to camp, Check-In times, information on daily camp life, a packing list, Camper Conduct agreement, our policy on glucose sensors, information on sending mail to your camper, and important information about insulin pump set changes prior to camp (see below).

You should have all received an email a several weeks ago regarding payment/scholarship information. If you did not receive this, please contact Cindy at 605-212-6027 or campgilbertinfo@gmail.com.

****Camp Gilbert is completely full and has a waiting list. If your camper is not planning to attend this year, please contact Cindy at 605-212-6027, as soon as possible! ****

Most of you are receiving this packet by email.

You will receive a **Blood Sugar Flow Sheet** in hard copy in your “real” mailbox also. (some of you were/will be given this sheet at a recent diabetes appointment). The **Blood Sugar Flow Sheet** is white or yellow (depending on if you use an insulin pump or take shots) and **must be completed and presented to us when you arrive and check-in for camp.**

These results must be completed for each of the 7 days PRIOR to camp.

Pumpers!!!! !!!IMPORTANT!!!

To help our campers stay safe and healthy and to maintain a smooth schedule we are asking that all...

Boys: change their sets on **Saturday** (6/17/15).

Girls: change their sets *prior to arriving* at camp **Sunday** (6/18/15).

Also due to the nature of camp and the activity of the campers while at camp set changes will be done every other day and **BOTH** the site **AND** the reservoir will be changed at the specified times. Please make sure that your camper brings along 6 sets and 6 reservoirs to camp for those unexpected changes that sometimes happen. Additionally make sure that you have “full battery” in your child’s pump prior to arrival at camp and that they have a full reservoir.

Thank you for your help!

*****Medical supplies such as Insulin, syringes, glucose monitors and glucose monitor strips are provided for each camper. (However -all campers who wear pumps need to bring their own pump supplies including batteries).**

Cell phones are not allowed at Camp. You should leave them at home, or turn them in to staff at check-in and we will store them for you during the week

DIRECTIONS TO CAMP GILBERT AT NeSoDak

Parents are responsible for transportation to and from camp.

The Camp address is:

NeSoDak Bible Camp
3285 Camp Dakota Drive
Waubay, SD 57273

From Interstate 29

Exit at #207 on I-29 and take Hwy. 12 West. Approximately 10 miles West, just East of Waubay, there will be a sign directing you North to NeSoDak and the Waubay National Wildlife Refuge. Take this paved road North about 7 miles to the next NeSoDak sign. Continue going straight on the gravel road and curve right onto the peninsula. You enter the camp approximately ¼ mile further. The parking lot is in front of the Lodge.

From the West (Aberdeen area)

Take Hwy. 12 East through Waubay. One mile East of Waubay there will be a NeSoDak sign that directs you to turn North (left) and follow this road for about 7 miles to the NeSoDak sign. Follow the gravel road onto the peninsula and enter the camp approximately ¼ mile further. The parking lot is in front of the Lodge.

*****Arrival Time:** Sunday, June 18th, 2017

Registration: 1:00 to 3:00 P.M.

We are unable to register any campers before 1:00 P.M., so please plan accordingly.

When you arrive at NeSoDak look for a check-in area near the parking area. You will then be directed to the area where you and your cabin-mates will check in. You can leave your suitcase and sleeping bag in your car until you are checked in, and after that you will be directed to where to bring them.

Campers are checked in individually and meet with medical staff at that time. This is an important step to help the week go smoothly.

To help speed up check-in, we are asking that you try to use the following schedule, according to your cabin name that is written on your yellow or white blood sugar sheet:

1:00 pm- Cana, Mt of Olives, Bethlehem, Samaria

1:30 pm- Calvary, Jericho, North and South Damascus

2:15 pm- Emmaus, Bethany, Galilee, Mt Carmel

IF YOU ARE PICKING UP YOUR CHILD EARLY, or IF SOMEONE ELSE IS PICKING UP YOUR CHILD, SPECIAL ARRANGEMENTS MUST BE MADE AT THE TIME OF CHECK-IN.

*****Departure Time:** Friday, June 23rd, 2017

Check Out: 10:00 – 11:00 A.M.

Parents meet with Medical Staff at Check Out. Please do this before leaving camp.

Vendor Day:

For campers and parents- Friday, June 23rd, 2017. Vendors of medical supplies for diabetes will be displaying their products from 10:00 A.M. to 11:00 A.M. This will be an excellent opportunity to view the latest products.

LIFE AT CAMP:

Housing: The cabins house 9-10 young campers and 2 counselors each. Children are grouped with other campers of similar age. There are two villages of 5 cabins in each village. A shower house is nearby with toilet and shower facilities.

Meals: All meals are served from the Dining Hall and we often eat on the picnic tables outside near the lake. A Registered Dietitian plans all of our meals and all foods that are served are appropriate choices for the campers. The carbohydrate content of foods served is provided to campers.

Daily Schedule: The campers rise around 7:00 A.M. for the day's activities. Blood sugar tests, breakfast, and "Polar Bear" (an option for only the truly devoted campers-ask your camper about it when they get home!) are first on the agenda for the day. The campers then begin their education sessions, do craft activities, enjoy some free time, or are organized into larger group activities. The day begins to wind down around 8:30 P.M. and campers are back in their cabins with the "lights out" at 10:30 or before.

ATTENTION PARENTS:

NeSoDak Rules Regarding Insurance and Personal Property

Insurance:

NeSoDak's insurance policy assumes that the camper's insurance will be the primary coverage. If we must take someone to the doctor for treatment, the clinic will first file a claim with the camper's insurer. If you have concerns about insurance at camp, contact NeSoDak at (605)947-4440.

Personal Property:

Your child's personal property is not covered by camp insurance and any claims for loss, theft, etc. will need to be submitted to your personal homeowner's/renter's insurance company.

In the case of an emergency during camp, the phone number for NeSoDak is **605-947-4440**. Please keep this number available.

Mail: Campers may also receive mail at NeSoDak during this week. In the past few years we have a lot of mail that hasn't arrived at camp until after our week. We ask that you please bring along to check-in any mail for your camper. We can distribute it throughout the week (just mark for days of the week).

If you have any questions about this information, please contact Cindy Matthes at 212-6027 or campgilbertinfo@gmail.com.

We look forward to seeing you at camp!

Sincerely,
The Camp Gilbert Staff

THE CAMP PACKING LIST

- _____ Sleeping bag and pillow securely rolled and packed in a waterproof stuff-sack or garbage bag.
- _____ Tennis shoes-there is a lot of walking and games!
- _____ Change of socks for each day with several extra pair.
- _____ Warm Jacket (evenings can be chilly!)
- _____ Camp type clothes for warm days and cool nights.
- _____ Towels and personal toiletries.
- _____ white t-shirt for a possible color activity
- _____ Camera (optional). Cell phone cameras can not be used during camp due to privacy issues. See Cell Phone policy.
- _____ Cap, hat, or bandana (for protection from the sun).
- _____ Swimsuit, sandals, extra towel.
- _____ Protective footgear for swimming.
- _____ **Medications** (other than insulin). The Health Hut has common items such as Tylenol, Band-Aids, etc. Medications should be in original containers.
- _____ The Canteen is open most afternoons and campers may purchase NeSoDak sweatshirts and T-shirts. Clothing prices generally range from \$10 to \$40.
- _____ **Your Yellow or White Blood Sugar Sheet for Check-in!**

*****Medical supplies such as Insulin, syringes, glucose monitors and glucose monitor strips are provided for each camper. (However -all campers who wear pumps need to bring their own pump supplies including batteries).**

With all of the things to remember to bring to camp, there are also a few things you SHOULD NOT BRING. These are the things NOT TO BRING TO CAMP:

CELL PHONES, FIREWORKS, JUNK FOOD/SNACKS/POP ALCOHOL/DRUGS, WEAPONS, PETS

Please label all of your personal belongings. It helps to identify items in the "Lost and Found" and have them returned to you.

CELL PHONES: Cell phones should be sent home with parents at check-in. If you prefer, the Camp Gilbert staff can store these and return to the camper at check out. This is a NeSoDak and Camp Gilbert policy.

The Camp Gilbert Staff works hard to fulfill the camp's mission—to educate children with diabetes about their disease in an environment where the child can have fun and be medically supervised. To help ensure a fun week for all, we have developed a Camper Conduct Agreement. This was included in your camp application as well. Some time has passed since you and your camper read this Conduct Agreement in the camp application, so we ask that you take a few moments to review it together before camp.

A camper who displays negative behavior can affect other campers. Campers who are disrespectful, disruptive, unruly, display inappropriate behavior, or emotionally, verbally, or physically threaten others will meet with the camp directors to evaluate their behaviors. If the behavior(s) continue after meeting with the camp directors, the parents will be notified about the inappropriate behavior(s), and the camper may be sent home. It will be the parent's responsibility to arrange transportation for their child if they indeed need to be sent home.

To ensure camper safety, ALL INSULIN, MEDICATIONS, FOOD AND TREATMENTS WILL BE GIVEN ONLY AS DIRECTED BY THE MEDICAL STAFF. CAMPERS FOUND TO BE SELF-ADMINISTERING INSULIN, MEDICATIONS, FOOD AND TREATMENTS MAY BE SENT HOME.

Campers agree to have fun at camp. In order to have fun at camp, campers will respect the other campers, Camp Gilbert Staff, NeSoDak staff and camp facilities. Campers will follow the camp rules.

Campers will be responsible for their own words and actions.

Campers will only take insulin, medications, food and/or treatments as directed by the Camp Gilbert staff.

If campers display disrespectful, disruptive or unruly behaviors or if emotionally, verbally or physically threaten others they will meet with the Camp Gilbert Directors and may be sent home.

If campers take insulin, medications, food or treatments without Camp Gilbert staff direction/approval they will meet with the Camp Gilbert Directors and may be sent home.

It is the campground and Camp Gilbert policy that campers must turn in cell phones at the start of the week. If campers do not follow this policy they will meet with the Camp Gilbert Directors and may be sent home.

If campers are sent home, parents will be responsible for picking up or arranging transportation home.

The medical staff of Camp Gilbert appreciates the utility and usefulness of continuous glucose sensors, and realizes that some campers utilize sensors to control their diabetes while at home. The medical staff does not prohibit the use of continuous glucose sensors while at camp, but sensor glucose readings will not be used to make therapy adjustments. Although trend graphs from continuous glucose sensors will be considered, meter blood glucose readings will be needed to confirm sensor glucose readings. Camp Gilbert and the medical staff of Camp Gilbert will not be responsible for sensor supplies or lost or damaged sensors or transmitters.

While some of the medical staff are well versed in the different sensors that are available, keep in mind that not all Camp Gilbert staff who will be with the campers in the cabins know how to use the continuous glucose sensors.

If a continuous glucose sensor is used by a camper during the week of camp, the camper will be responsible for:

1. All calibrations of the device. These will have to be done at the appropriate time by the camper.
2. Sensor changes. The sensor changes and the timing of the calibrations is the responsibility of the camper using the device.
3. Supplies. The supplies will need to be brought to camp by the camper. Camp Gilbert will not be responsible for sensors, transmitters, chargers, or tape.
4. If the camper uses a smart phone at home to access their data, they will need to bring their receiver. Cell phones are not allowed at Camp Gilbert; this is a NeSoDak and Camp Gilbert policy.

If you do not feel your child will be able to complete these tasks independently, it is recommended that your child's sensor remain at home during camp.

We have read the above policy and understand.

Camper

Parent of Camper

Witness

Please complete this form and bring it to Camp check-in if your camper will be using a sensor at Camp Gilbert.

