

PARENT HANDBOOK

OVERNIGHT CAMP



Drop Off Times for 2025 (seems random but it's not 🤔)

For campers with last names beginning with T-Z , check-in begins at	1:00 PM
For campers with last names beginning with P-S , check-in begins at	1:30 PM
For campers with last names beginning with D-F , check-in begins at	2:00 PM
For campers with last names beginning with A-C , check-in begins at	2:30 PM
For campers with last names beginning with L-O , check-in begins at	3:00 PM
For campers with last names beginning with G-K , check-in begins at	3:30 PM
<u>All campers should arrive by</u>	<u>4:00 PM</u>

Table of Contents

1. Paperwork
2. How to get to camp
3. Check-in/check-out procedure (what to expect)
 - a. Sunday Check-In Schedule
 - b. Friday Check-Out Schedule
4. Important contact numbers
5. Mail call
6. Insulin pumps
7. Continuous glucose monitors
8. Dexcom Follow Program
9. Insulin pens
10. Medications
11. Reasons camp may contact you
12. Code of Conduct
13. **Packing list**
 - a. **What to bring**
 - b. **What NOT to bring**
14. FAQ Links
15. Diabetes Tech Reminders

1. Paperwork

Before camp

Before coming to camp, make sure you have a **confirmed registration** and that your **registration tasks are complete**. Login online to check at galescreekcamp.org (and click the big circle at the bottom of the page), email us at registration@galescreekcamp.org, or call our office at (503) 968-2267.

Make sure your doctor has completed and returned your **Physician's Section Form**. You don't need to make an appointment just to have this form completed, but *your child must have seen their diabetes care provider within 6 months of attending camp*. Most docs have the form at their office and will fax it directly to us if you let them know your camper will be joining us. You can also email, fax, or mail a physician-signed form to us yourself using the contact information below.

Bring to camp

You should complete the enclosed **Health History Form** (green colored paper) just prior to arriving at camp so we have the most up-to-date health info on your camper. **Don't send the Health History Form in—Bring it with you to camp!**

2. How to get to camp

Gales Creek Camp is located at:
59425 NW Cedarbrook Lane
Gales Creek, Oregon 97117

We are between milepost 39 and 38 on Highway 6. When driving west on Highway 6, our turnoff is about ½ mile past the Glenwood Store. Slow down once you pass Timber Junction and turn left onto Cedarbrook Lane, which is a gravel road just before the small bridge over Gales Creek. **The gravel road is narrow and winding, with steep drops in places, so for everyone's safety please keep to the posted 10MPH speed limit. Also please pass only when one car can use a designated pullout. When you come to an intersection, continue straight over a small bridge. Do not turn right—this is a private residence.** Once you cross the bridge, you've arrived!

A note for Apple Maps users: For some reason we don't understand, Apple Maps sometimes thinks various roads around camp are closed and tries to send drivers on *long* detours. Don't trust it! Use Google Maps or [TripCheck](#) to confirm before you go the long way.

3. Check-in/check-out procedures (what to expect)

IMPORTANT: An authorized parent/guardian must accompany the camper to meet with the camp doctor. If a parent or guardian is unable to attend check-in, please call the office at 503-968-2267 to make other arrangements.

Sunday check-in schedule

Please see the top of the first page for your assigned arrival time. To minimize the wait time, please do not arrive before your group's assigned arrival time. Remember, campers move into the cabins all at one time, after all campers have arrived.

Because we are a thorough medical camp, **expect check-in to take between 45 minutes and two hours.** We'll try not to keep you standing that whole time, and campers often run off to play while parents go through certain parts of the process.

Step 1: After parking, you will be greeted by our friendly camp staff. They will be happy to help with your gear and take the lead. You will first stop by our Wellness Station for screening.

Step 2: Our staff will direct you to your camper's cabin where you can leave your gear outside. Once everyone arrives, all campers will move in together.

Step 3: Head to the t-shirt table to sign in, get your t-shirt and complete your releases.

Step 4: Get in line for Medical Check-In, where you will meet with Health House staff and then a doctor to let us know all about your camper's health needs.

Step 5: Go to the Dining Hall and see the dietician to let us know about your camper's food preferences and any special dietary needs.

Step 6: Say your goodbyes and let your camper start their adventure!

Friday check-out schedule

10:00 AM - Check-out begins (but don't drive away just yet!)

10:30 AM - Camper Awards Ceremony (on the log!)

11:15-Noon - Check-out continues (now you can leave)

12:00 PM - Camp Closes

When arriving to pick up your camper, park in the same area and come to the center of camp. You may or may not find your camper right away, since they may be running around and will most likely still be in "camp mode." Once you do find your camper, let them show you around if they want to. You might have a project to pick up, or there may be a counselor *you just have to meet*. After greeting your camper, follow these steps:

Step 1: Head to Medical Check-Out for a review of the week's health-related events. Grab your leftover supplies and maybe some new swag. The Camp Store will be open during check-out, accepting cash, checks and credit cards.

Step 2: Take a seat on the log and watch the awards ceremony.

Step 3: Make sure you gather all of your camper's gear, load up, and head for home!

4. Important contact numbers

Foundation Office: 503-968-2267 (general inquiries, registration questions)
Onsite Camp Phone: 503-357-1793 (emergencies, late arrivals)
Foundation Fax: 503-992-6785

5. Mail call

Send postcards, letters, and food-free care packages to your camper at

[Camper's Name]

Gales Creek Camp

59425 NW Cedarbrook Lane

Gales Creek, OR 97117

MAIL CALL PRO TIP: Secretly mail your postcards, letters and packages the day BEFORE you drop your camper off at camp to ensure the mail arrives on time. Please never send food or gum.

6. Insulin pumps

If your camper is on a pump, please bring twice the pump supplies (minus the insulin) that your camper would need for a typical week. You will get back what we do not use. It works well to bring all the supplies in a 1-gallon ziplock bag. Please note, we will not use your blood glucose meter, even if it's connected to your pump. We will use our own meters and manually input BGs. **Please make sure your camper's pump is fully charged before arriving to camp and pack the charger with them for the week.** See the included tech page for more details.

7. Continuous Glucose Monitors

Include an extra CGM sensor (and transmitter if applicable) in your ziplock in case your camper's falls off or needs a routine change during their stay. If your camper uses over patches, bring them. You will get back all unused equipment. **PRO TIP:** If your camper has overpatches for their CGM, apply one before arriving to camp to prevent it from falling off prematurely during swim or other high-level activities. **Please be sure your camper's devices are fully charged before camp and pack a charger for their corresponding CGM receiver and/or phone.** See the included tech page for more details.

8. Dexcom Follow Program

If your camper is using a Dexcom Continuous Glucose Monitor, Health House Staff can "Follow" camper's blood glucose levels overnight from a centralized monitoring system. In order for campers to utilize this program they must be using a Dexcom CGM and have it connected to a phone. At this time, Libre CGMs are not compatible with the "Follow" program. If your camper prefers using the factory receiver, or their pump, to receive their CGM values that is okay! Campers unable to participate in the Dexcom Follow Program will still receive routine blood glucose checks throughout the night. If your camper intends to be on the Dexcom Follow Program while at camp, please pack their phone and its charger. See the included tech page for more details.

PLEASE NOTE: A cell phone may only be used as a CGM receiver at camp. By bringing a cell phone receiver to camp, camper agrees to no texting, phone calls, app use, internet access, photography, video, or any other use.

9. Insulin pens

Pen cartridge in pen must be dated when it was first opened (this will assure insulin in pen is not past recommended in-use date) and a new cartridge must be brought in the original box with camper name/DOB etc. If a disposable pen, it must also be dated when first opened and an extra pen brought in original box with camper name/DOB. We have nano pen needles, so you do not need to bring your own UNLESS they use a longer needle.

10. Medications

All medication (including insulin and EpiPens) must be in the original container and labeled. All prescription medication must be in the *camper's name/DOB*, with pharmacy labels intact. Camp will not accept and/or dispense vitamins or supplements without a signed doctor's prescription. Supplements containing CBD will not be accepted for use at camp.

11. Reasons Camp May Contact You During the Session

CONDITION/CIRCUMSTANCES REQUIRE NOTIFICATION	STAFF RESPONSIBLE FOR PARENT/GUARDIAN NOTIFICATION
Illness: persistent nausea/vomiting, diarrhea, fever $\geq 100^{\circ}$	Camp Physician
Severe Hypoglycemia: unconscious, unable to take oral treatment; glucagon required	Camp Physician
Pump Malfunction; need to switch to MDI therapy	Camp Physician
Physical injury or condition that necessitates emergent treatment and triage to a local Emergency Dept. or Urgent Care facility per Camp Physician recommendation. (Examples: suspected fractures, head injury, lacerations)	Camp Physician Camp Director
Injury or symptoms requiring sensitive area (e.g., genital) examination; camp physician may need to perform examination while parent/guardian are being notified.	Camp Physician
Psychosocial: behavioral outbursts/self-harm/harm to others, persistent homesickness.	Camp Director
Head Lice, Scabies	Camp Physician Camp RN

12. Code of Conduct

Purpose

- To ensure that the rights of all individuals are protected while attending the camp.
- To establish the safest and best possible camp environment for all participants.
- To ensure that breaches of the rules and code of conduct are treated in a fair and consistent manner.

Expectations

- Campers are responsible for their own behavior and are expected to treat one another, staff, and Gales Creek Camp property with respect.
- Campers have the responsibility to act and behave in a way which does not endanger, intimidate, or interfere with the participation of others.
- Campers have the responsibility to follow the instructions given by camp staff.
- Campers have the responsibility to behave according to this code of conduct.

Rules

The following forms of behavior are considered a serious violation of Gales Creek Camp's Code of Conduct and may result in the immediate camper dismissal:

- Bringing or possessing tobacco or nicotine products, marijuana products, alcohol, or non-prescribed substances/medications.
- Bringing or possessing weapons or pornographic material.
- Using language which is offensive, sexist or racist.
- All forms of bullying, intimidation, or harassment, including sexual harassment.
- Fighting, violence, or any other form of aggressive behavior.
- Leaving camp boundaries without permission.
- Behaving in a manner that is potentially dangerous to self or others.
- Behaving in a manner that damages or vandalizes the property of others or Gales Creek Camp.
- Using a cell phone or other device for texting, phone calls, app use, internet access, photography, video, or any use other than for diabetes management.

Any breach of this Code of Conduct will initiate a disciplinary action. Gales Creek Camp reserves the right to suspend or dismiss a camper's participation in camp activities, including dismissal from camp, without refund of camper fees, if such disciplinary action is required.

13. Packing list

What to bring

Clothing

- Rain jacket
- Heavy sweatshirt
- Long pants
- Swimming suit
- Shorts
- T-shirts
- Underclothing
- Sneakers
- Sandals or water-friendly shoes for the showers and pool
- Creek shoes: closed toed aqua socks or old sneakers.

Bedding

- Sleeping bag
- Pillow

Toiletries

- Towels (2)
- Shampoo/conditioner
- Toothbrush/toothpaste
- Soap
- Deodorant
- Feminine Products

Other important stuff

- **Please charge all devices before camp!**
- **Pump supplies (reservoirs, sets, & charger).** Bring twice the supplies your camper would need for a typical week. You will get back what we don't use. Pack it all in a 1-gallon ziplock bag. Please make sure your camper's pump is fully charged before arriving to camp and pack the charger with them for the week!
- **CGM supplies (sensor, transmitter, overpatches).** Please bring an extra sensor, transmitter, and any overpatches. If your camper runs out of CGM sensors, or if they choose not to replace the sensor, we will use our BG test kits.
- **Your CGM receiver & charger.** If you have a factory CGM receiver, bring that, along with its charger. If their cell phone is their CGM receiver, bring their cell phone *and* charger. If your camper intends to be on the Dexcom Follow Program while at camp, camper must have their phone and its corresponding charger. PLEASE NOTE: A cell phone may only be used as a CGM receiver at camp. By bringing a cell phone receiver to camp, camper agrees to no texting, phone calls, app use, internet access, photography, video, or any other use.
- **Prescription medication (including Epi-Pens).** Must be in the original container and pharmacy-labeled in the child's name.

Optional stuff

- Flashlight
- Cheap digital or disposable camera
- Money for the camp store (this can be added to the camper's store account at check-in)
- Swimming goggles
- Sheets/other bedding (our bunks fit a twin-sized fitted mattress)
- A book or other quiet time activity

- Special sunscreen (camp will provide basic sunscreen options)
- Stationary and mailing addresses of family and friends to send letters home

What NOT to bring

- **Insulin or syringes.** Please do not bring these diabetes supplies. We will provide all needed supplies except those related to insulin pumps and pens. We do provide all insulin in vial form—there may be some brand exceptions depending on donations from insulin companies, but we will have all types of insulin. If your camper is on Basaglar, for example, Lantus may be substituted at camp and therefore pen could be left at home.
- **Blood glucose test kits, lancets.** To prevent blood borne pathogens, we use our own test kits and lancets.
- **Head lice.** Campers will be checked for head lice during Medical Check-In. If a camper has head lice, they will be instructed to return home for treatment and will be allowed to return to camp when clear.
- **Pets.** No animals other than human children are allowed at camp. Please do not bring your dog to camp.
- **Bug spray** (we provide this)
- **Food/gum** (we provide all low treatment)
- Drugs, alcohol, tobacco or marijuana products, vaping devices, controlled substances, or anything illegal (duh).
- Scooters, skateboards, roller blades, toys, drones, robots (and other stuff like this). If you are unsure whether an item will be permitted at camp, please feel free to reach out and ask us!

14. FAQ Links

See our website for general information.

<https://www.galescreekcamp.org>

See our General FAQ page for answers to common questions.

<https://www.galescreekcamp.org/camps/registration-faqs>

See our Technology FAQ page for answers to your pump, GCM, and cell phone questions.

<https://www.galescreekcamp.org/camps/registration-faqs/technology-faq>

15. Diabetes Reminders

Please pack all of your pump/CGM supplies in a 1-gallon ziplock bag labeled with your camper's full name. You will get back what we do not use.

Please charge all devices before arriving at camp and bring your chargers.

Insulin: GCC will supply the following types of insulin*: Humalog (lispro), Novolog (aspart), Admelog, Apidra, Fiasp, Lantus, Basaglar, and Tresiba. If you are using a different type of insulin, you will need to bring an unopened vial in the original pharmacy labeled box.

***If you are on an insulin pen:** please bring all pen supplies including brand new insulin cartridges, regardless of the type of insulin.

If you are on an insulin pump:

Bring twice the supplies your camper would need for a typical week.

- Infusion sets/pods
- Reservoirs
- Pump charger
- Your preferred adhesive support (Skintac, overlay patches, etc)

If you are on an insulin pen: please bring all pen supplies including brand new insulin cartridges, regardless of the type of insulin.

If you are on a CGM:

- Pack extra sensors and your receiver (or phone) charger.
- Do a sensor change as close to the start of camp as possible. If your camper runs out of CGM sensors, we will use our BG test kits.
- Cell phones are to be used ONLY as CGM receivers at camp. Phones will be in Airplane Mode with Bluetooth & Wi-Fi on. By bringing a phone to be used as a receiver, your camper agrees to no texting, phone calls, photography, video, app use, internet access, or any other use.

Centralized Dexcom Monitoring System: If your camper is using a Dexcom Continuous Glucose Monitor, Health House Staff can "Follow" camper's blood glucose levels overnight from a centralized monitoring system. In order for campers to utilize this program they must be using a Dexcom CGM and have it connected to a phone. At this time, Libre CGMs are not compatible with the "Follow" program. If your camper prefers using the factory receiver, or their pump, to monitor their CGM values that is okay! Campers unable to participate in the Dexcom Follow Program will still receive routine blood glucose checks throughout the night. PLEASE NOTE: A cell phone may only be used as a CGM receiver at camp. By bringing a cell phone receiver to camp, camper agrees to no texting, phone calls, app use, internet access, photography, video, or any other use.

Looping Reminder: DIY Looping is not permitted at camp. If you use DIY Loop, you will be asked to take your pump out of auto-mode and it will function as a manual pump. Only FDA-approved devices are permitted at camp.

A Note on Cell Phones at Camp: Gales Creek Camp wants to create a healthy *in-person* social environment. While we have been able to limit some internet access through our network, we are unable to block certain apps, like iMessage and Snapchat. If you happen to get a message or call from your camper's phone while they are at camp, please reply with a reminder that they are not supposed to be using their phone. They may want to contact you because, at first, camp can naturally lead to feelings of uncertainty and discomfort, but this is the good kind of stress, the kind you feel when you're growing. Try to allow your camper to push through that initial sense of uncertainty and discomfort. If you do, the reward for them will be feelings of triumph and success, and of getting through something difficult. If they persevere, they will gain new friends, a sense of belonging and, we hope, the feeling that someone finally "gets it."

We have a well-established process of addressing "home sickness" and these feelings of uncertainty and discomfort at camp, refined over 72 summers. Our counselors are trained to connect with campers and to facilitate friendships. They are great listeners and role models. Many of them live with diabetes themselves, so they really do "get it."

So if you get a message from your camper where they say they don't want to be at camp, that they want you to come get them right away, just reply, "Have you talked to your counselors or the Camp Director about this? Have them call me."

A Note on Not Following Your Camper's CGM while at Camp: We know not following your camper's CGM data while they are at camp may be a challenge for many parents and caregivers who have become accustomed to watching their child's CGM graph throughout the day and night. It is probably the app that you use most on your phone, right? And with good reason. But there are several reasons why we will "unfollow" you when you check in at camp.

Practically speaking: We have about 60 kids a week, and although we know *you* won't call us at 3am when we're treating your child's low BG, we all know there are plenty of other parents who will. So to avoid having to juggle the phone and the juice at the same time, it's best if you just take a break from watching the Dexcom. We will be monitoring it for you. Plus, we do routine rounds throughout the night when all BGs are logged.

For your kid: Camp is all about independence. In fact, camp might even be the first chance your child gets to see themselves as a separate entity from you. GCC is a healthy place for a child to realize they are their own person, and they will eventually inherit their whole life. Camp is also a place they can start to learn to trust others and themselves with their own care. What GCC (and you) want is for your kid to gradually gain confidence in themselves to be an excellent manager of their own diabetes, including their relationship *to* diabetes. If you show them you don't need to be watching their Dexcom all the

time, that you trust GCC to do it, and you trust them to help GCC do it, then that sends a powerful message to your kiddo. They. Can. Do it.

For you: Take a mental health break. You need it. You need it because you will be an even better parent on the other side. You probably spend enough time looking at your phone every day, anyway. Here's a chance for you to turn off your alarms and get some sleep.