

# Summer Session 3 2025 JC GUIDE



**Saturday, July 5 - Friday, July 11, 2025**



**Camp Twin Lakes-Rutledge East  
1391 Keencheefoonee Road  
Rutledge, GA 30663**



**Camp Kudzu Office  
(404) 250-1811**

**Camp Twin Lakes Office  
(706) 557-9147**

# CHECK-IN

1. **All JCs must be checked in by a parent or guardian, as indicated during registration.** You are welcome to carpool with other JC's parents/guardians as long as you feel confident checking yourself into camp with the appropriate medical and emergency contact information!
2. You will arrive at Centennial Baptist Church. Here you will be greeted inside your car and directed to the JC check-in Tent!
3. At the JC check-in tent you will go through a quick general medical check-in, turn in any forms, logs, etc.
4. Once you have completed all check-in at the JC Tent, you will be directed to unload your luggage with the help of your parents/guardians. You and your luggage will make your way into the church to get settled for on-site staff & JC orientation!

**Check-in will be Saturday, July 5 at  
12:00PM!**

***We will meet at this church  
for on-site orientation and  
then you will ride with a  
lead staff member over to  
Camp Twin Lakes.***



**Centennial Baptist Church  
5321 Brownwood Rd  
Rutledge, GA 30663**

## REMINDERS

- **Driving age campers, CITs, and Junior Counselors are NOT permitted to bring vehicles to camp and must be checked in by a parent/guardian!**
- We will NOT serve lunch on Saturday. Please eat before arriving to camp!
- Please remember to keep your paperwork (including the 10-day log, blood glucose log, medications, pump sites (if applicable) and other important items easily accessible. You will need all these items during the check-in process!
- The check-in process can last about an hour. Thank you for your patience as we navigate our check-in process to enable a safe & fun week of camp!

# CHECK-OUT

1. Please remember that your parent/guardian will need to bring photo identification with you in order for you to be released to them. If someone other than the parent or guardian listed on the registration form will be picking you up, please notify us right away via email. ([pclark@campkudzu.org](mailto:pclark@campkudzu.org))
2. Once your parents/guardians have arrived to camp, they will be directed to the stop sign at the top of the hill. We will send a small group of cars down at a time and they will stop at a station around the traffic circle. You will be waiting at that station with your luggage!

**Check out will be Friday, July 11  
at 11:30AM!**

# MEDICAL INFORMATION

## MEDICAL SUPPLIES: WHAT TO BRING

Thanks to the generosity of our pharmaceutical suppliers, Camp Kudzu provides insulin vials, syringes, insulin pens, low treatments, meters, lancets, strips and more for each camper. Your camper won't need to lug any of these things along with them each day!

However, read below for a few exceptions to this rule.

Insulins provided include the following: Apidra, Humalog, Novolog, Fiasp, NPH, R, Basaglar, Lantus, Lyumjev (vials only), Levemir, Toujeo, and Tresiba. If your camper uses insulin(s) other than those listed above and you have not indicated so on their application, please be prepared to bring insulin with you. At this time, Camp Kudzu does not carry refillable cartridges, pre-filled cartridges, or SmartPen insulin pens. Please be prepared to bring your own or we can switch your camper to prefilled insulin pens for camp. Oral diabetes medications are also not provided.

Pump sites—if your camper uses an insulin pump, please send 6-8 extra pump sites for the weekend **in your camper's suitcase**. Camp can be hot, sticky, active, and wet! Pump sites have a lot more trouble “sticking” at camp than in your home environment. If you have a favorite adhesive, please include this as well. We may not need them, however it's best to be prepared. Please have your camper arrive to camp with a newly changed site, placed on Sunday morning prior to check-in at camp.

If your camper uses a Medtronic; 670G, 630G, or 770G, please include their blood glucose meter that corresponds with the pump as well as an adequate amount of blood sugar strips in their suitcase! They will use this meter to calibrate the system.

Continuous Glucose Monitors/CGMs—our medical protocols continue to be revised as technology surrounding diabetes care evolves! We do utilize CGM data to calculate insulin doses during camp programs, however, please know that there are times when Clinicians ask for a fingerstick to verify a decision if the CGM readings seem off. Alarm settings will be adjusted and *the “shared data” feature will be turned off*. Please be assured that we check blood sugars frequently, averaging 8 checks (or views of the CGM) daily and your camper has the right to check his/her blood sugar and/or view their CGM readings at any time.

Finally, should your camper use any non-FDA approved device (e. g. Riley Link looping pump) to manage their diabetes, please reference Kudzu's technology policy [here](#).

## OTHER PRESCRIPTION/OVER-THE-COUNTER MEDICATIONS/VITAMINS

Please bring all oral diabetes medications, non-diabetes medications, vitamins, and supplements in original containers marked with your name and daily dosage amount in a clear plastic zip bag. **We will collect JC and Staff medication during on-site Staff Orientation, Saturday or Sunday. You are NOT permitted to keep ANY medications in the cabin.** There is no need to bring over-the-counter medications, as we have a large supply of these at camp that can be accessed via the Med Lodge. All medications will be stored at the Med Lodge and will be administered to you per your instructions. You will be able to come to the med lodge to get your medications when you need to! JCs with asthma, allergic reactions, or epilepsy who require emergency medication such as inhalers, EpiPens, or Midazolam will have access to these items at all times, as they are carried by you. If you require emergency medication administration, a trained staff member will do so and parents will be contacted accordingly. Please have these items with you at check-in to discuss with our medical staff.

## SPECIAL NOTE FOR JCS WITH ADD/ADHD

Many school-age individuals who take medication for the above conditions discontinue the medication during the summer months. Since camp is such a structured program, our medical team strongly encourages the continuation of these medications prior to and during the camp session.

**If your child has special medical needs beyond those related to his/her diabetes, please discuss them with Anna Albritton, Medical Advisory Board Chair, prior to the start of the camp session. She may be reached at [aalbritton@campkudzu.org](mailto:aalbritton@campkudzu.org).**

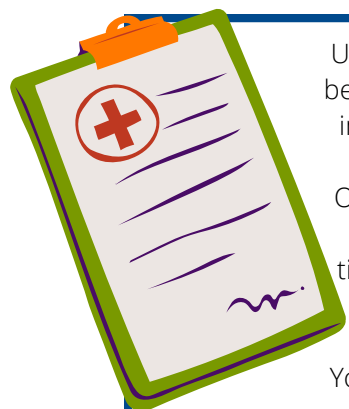
# MEDICAL INFORMATION CONTINUED...

## YOUR HEALTH WHILE AT CAMP

Camp Kudzu Medical Staff will notify parents or guardians by phone about any significant medical problems that may arise at camp or medical issues that require urgent care. Each person's health form contains contact information as well as designated alternate contacts if the parents/guardians cannot be reached. This process is initiated by the Camp Kudzu Staff but can be delegated to an appropriate staff member. We realize that every parent may have a different definition of emergency. The general camp practice is to contact parents when the Camp Kudzu Staff have a concern about a person's health, need parental consent, and/or when a situation is not progressing as expected. Because many people remotely access their voice mail, it is expected that camp personnel leave voice messages on answering machines that appropriately communicate the need for a given parent to call the camp. We will share with you details in that message and give you a phone number to return the call. Should it be recommended that a JC be seen by a healthcare provider outside of the camp setting within 12-24 hours, but it is not an immediate medical emergency, the parent will be contacted and offered the following:

- Explanation of the situation.
- Ask parent/legal guardian to come pick their JC and take them to see their personal health care provider with the understanding that once a JC has to exit our "camp bubble" for any reason, they will NOT be able to return to camp for the remainder of the session.
- Some situations do require that a JC be sent home. These instances include but are not limited to persistent vomiting/diarrhea/fever, identified communicable disease, or head lice. Parents will be notified immediately of issues that medical personnel deem to be major medical concerns. In extreme medical emergencies, the Camp Kudzu Staff or designee may call 911. For non-life threatening issues, we prefer that parents transport their child to their doctor or clinic for further medical attention. Again, please be aware that if a JC needs to leave the camp grounds for any reason, they may not be allowed to return back to camp for the remainder of the session depending on reason for leaving. We generally do not call parents regarding minor issues which are easily taken care of and do not significantly affect the JC's day including minor cuts, scrapes, bruises, or bug bites.

## MANAGING DIABETES AT CAMP



Upon arrival to camp, you will receive a binder that includes blank log pages for the week. You will be able to manage your diabetes on your own, with the expectation that you log EVERYTHING! This includes any blood sugar checked, low or high treated, CGM calibrated, pump site changed, etc.

Once each day, you will need to check in with JC Lead Staff to go over your log! We will agree on a set time as a group, and at that time you will bring your fully-updated log by to check-in. At this time I highly encourage you to ask questions, really look at your trends, and review how different aspects of camp affect your blood sugar.

You will be allowed to carry your own insulin if you are not on an insulin pump already. PLEASE be aware, however:

- It is hot at camp! Don't leave insulin in your bookbag sitting right in the sun for extended periods of time
- It is VERY important that campers do not have access to your insulin. If we find that you are leaving insulin visible/easily accessible around camp or in your cabin, you and your co-counselors will lose the privilege to carry it around with you.

# MEDICAL INFORMATION CONTINUED...

## MEDICAL FORMS

Prior to coming to camp, please complete the Pre-Camp Blood Glucose Log as accurately as possible and bring it with you to check-in. During the check-in process we will look over it with you, and you will be able to keep it in your Log Binder for the session in case we need to reference it. Please begin the log the Thursday before camp begins.

**You will be able to download a copy of the pre-camp blood glucose log [HERE](#) and on the final page of the guide!**

When completing the BG log, please note that you do NOT need to fill in every hour necessarily, just log anytime you do a BG check, low treatment, insulin dose, etc. throughout your normal routine!

## MEALS & NUTRITION AT CAMP

Meals will look a little different this summer! During your session of camp you will eat with your cabin. During On-site Orientation, we will spend some time with Camp Twin Lakes staff walking through the dining procedures and practicing before campers arrive! You will play a role in helping manage campers during meals too!

As stated above, you will be expected to check your blood sugar, and administer insulin for that blood sugar and/or food yourself and log your decisions in your binder. If you need help at any point, please ask your cabin's clinician, or find me!

We can accommodate dietary needs for staff just like we do for campers. Be sure that you indicated in special dietary needs on your camp application. If you are unsure, reach out to to double check prior to camp!

Our Camp Kudzu Staff works with the Camp Twin Lakes staff prior to our arrival on a menu filled with healthy and tasty foods for you. Menu items are chosen with consideration of kids' palates in mind. Foods that are nutritious and fuel their activity throughout the day are important at camp.

**Should you have any questions or concerns as it relates to meals, nutrition, and dietary needs at camp, please reach out to Anna Albritton, Medical Advisory Board Chair, at [aalbritton@campkudzu.org](mailto:aalbritton@campkudzu.org)**

# PREPARING FOR CAMP

## REMINDERS AS YOU PACK: THINGS TO LEAVE AT HOME!

1. Laptop computers, iPods, iPads, Gameboys, and MP3 players, etc.
2. Food of any kind, including sugar-free candies or chewing gum (All snacks are provided.)
3. Knives, guns, weapons, fireworks, matches, lighters, etc
4. Alcohol and other drugs
5. Tobacco products, in any form, including vaping machines
6. Animals or pets of any kind
7. Money, jewelry, or expensive items
8. Skateboards, bicycles, scooters, rollerblades, roller skates, etc., and other personal sports equipment.
9. Diabetes supplies **\*\*NOTE: Some exceptions apply, see "Medical Supplies" section above\*\***

## CELL PHONE POLICY

As a Junior Counselor, you ARE allowed to have your cell phone with you for the duration of the camp session. If you utilize your phone as your CGM receiver or reader, you may continue to do so at camp! We will spend time talking at camp about expectations of volunteer staff and their cell phones. You will be expected to follow the same protocols!

### MAIL AT CAMP!

Staff can receive mail at camp too! You can share the address below with family and/or friends to mail you a letter to camp! Please have family and/or friends mail any letters by the Tuesday of the camp session or well in advance of camp to ensure it arrives before the end of the session.

Camp Twin Lakes- Rutledge East  
Junior Counselor Name  
C/O Camp Kudzu- Session 3  
1391 Keencheefoonee Road  
Rutledge, GA 30663

# PACKING LIST

## CLOTHING:

1. 1-2 pairs of jeans (must wear long pants for horseback riding)
2. 5 pairs of shorts
3. 9 shirts
4. Sweatshirt or jacket
5. Raincoat or poncho with a hood
6. 2 pairs of pajamas
7. 10+ pairs of socks
8. 8 pairs of underwear/undergarments
9. "Goodnights" (if prone to bed wetting)
10. 2 swimsuits
11. Swimming goggles (if preferred)
12. Hat
13. Sunglasses
14. Laundry bag
15. Comfortable walking shoes

## AND:

1. Flashlight (and extra batteries)
2. 2 Water bottles
3. **Backpack, knapsack or small bag to carry "stuff" & counselor pack around**
4. Music Party Costume! This year's theme – "Where the Kudzu Grows!" Dress in your brightest colors.
5. Plain white 100% cotton t-shirt for tie-dye
6. Plain white t-shirt or clothing you wouldn't mind possibly getting paint on/messy for Color Wars!
7. Phone charger IF your camper is bringing a cell phone as their CGM receiver.

## LINENS AND BEDDING:

1. Two sets of twin sheets and a warm blanket or sleeping bag and a fitted sheet
2. Pillow and pillow case
3. Two bath towels and washcloths
4. One beach towel

## TOILETRY ITEMS:

1. Plastic or waterproof container for your toiletries/shower supplies
2. Bathrobe/Shower robe
3. Shower shoes (flip flops, plastic shoes)
4. Toothpaste and toothbrush
5. Soap and Soap Container
6. Comb/Hair brush
7. Shampoo and Conditioner
8. Sunscreen
9. Deodorant
10. Insect repellent
11. Lip balm
12. Feminine products

**8-10 pump site changes  
(including sites,  
reservoirs, and tubing) or  
pods.**

## DRESS CODE

Junior Counselors are asked to bring appropriate casual clothing and footwear to camp. Please use the following as guidelines:

1. Boys should have swim trunks and girls should have one piece suits or tankinis.
2. In order to be respectful of our community, we ask that clothing be modest and unoffensive.
3. Undergarments & private areas should be covered by clothing and be able to continue covering while moving around!
3. Any clothing that alludes to alcohol, tobacco, or drugs cannot be worn at camp.
4. Studies have shown that foot injuries at camp INCREASE when campers are wearing flip-flops. For everyone's safety we ask that you do not bring flip-flops to camp but instead, opt for sturdy, close-toed shoes. Chaco and Teva style sandals with straps and ankle support are acceptable for some activities. However, camp activities, including ropes course and horseback riding, require close-toed shoes for participation.

**If your family needs assistance in getting your child necessary items for their camp session, please email [pclark@campkudzu.org](mailto:pclark@campkudzu.org)!**



# WHAT TO EXPECT

I am so excited to work with you this summer! You will arrive to camp on Saturday, with staff, and jump right in with On-site Staff Orientation. You will meet your co-counselors for the week, the clinician that will work with your cabin, and spend time getting acclimated to camp and the week's schedule before campers arrive Sunday afternoon!

Throughout the week you will live in the cabin, and serve the Junior Counselor role by engaging with your campers, working alongside your co-counselors, and getting hands on experience managing your diabetes while caring for campers!

## SAMPLE DAILY SCHEDULE

8:00	Breakfast	4:30-5:30	Activity Period
9:00-9:30	Diabetes Education	6:00	Dinner
9:45-10:45	Activity Period	7:00	Singing & Dancing!
11:00-12:00	Activity Period	7:30-9:00	Evening Program for Ages 8-12
12:30	Lunch	9:00	Snack
1:30	Singing & Dancing!	9:30-11:00	Evening Program for Teens
2:00-3:00	Shoes Off	11:00	Lights out
3:15-4:15	Cabin Free Choice	12:00	Midnight Rounds begin

## EVENING PROGRAMS

Each night of the week will feature a special program for our campers. Below are some of the evening programs we will have this summer! Be sure to check the packing list for extra items you may need for some of the programs!

**SUNDAY**

**Opening Cermonies!**

**MONDAY**

**JC Night!**

(A night for the JCs to hang out and do a FUN camp activity!)

**TUESDAY**

**Pool Party!**

**WEDNESDAY**

**Color Wars!**

**THURSDAY**

**Kudzupalooza!!**

A music party!

Our Kudzupalooza theme this summer is Where the Kudzu GLOWS! Your JC can choose to dress up, if they would like, in a glow in the dark or neon bright outfit.





# CAMP FORMS

## PRE-CAMP FORM & UPDATED POLICY!

### PRE-CAMP BLOOD GLUCOSE LOG

## CAMP KUDZU STAFF (AT CAMP!)



**ANNA ALBRITTON**

Medical Advisory Board Chair



**PATRICIA CLARK**

Senior Engagement  
Manager



**MANDY CONROY**

Camp Community Coordinator



**BLAKELY QUEEN**

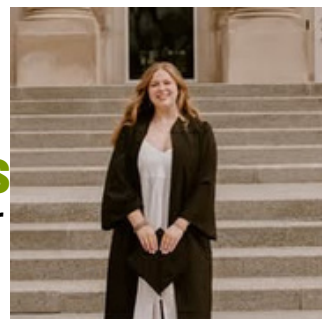
Community Development  
Coordinator



**ROB SHAW**

CEO

**REAGAN DEES**  
Program Coordinator



During the camp session, you will have your cell phone and are allowed to use it responsibly during "off" time! If one of your parents/guardians needs to leave a voicemail for the Senior Engagement Manager, please call 404-495-4862. Their call will be returned as soon as possible. Our staff will be monitoring emails and voicemails periodically. If they need immediate assistance, please have them contact the Camp Kudzu office at 404-250-1811.