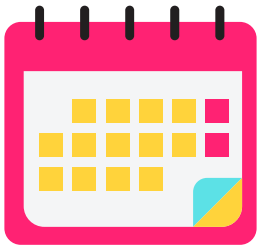


# Summer Session 1

## 2026 CIT GUIDE



**Sunday, June 7 – Friday, June 12**



**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 CITs must be checked in by a parent or guardian, as indicated during registration.

2. You will arrive at camp and follow the signs to Camp Twin Lake East's traffic circle. Here you will unload your things, then park in the gravel lot.

3. After parking, you will head to the gym for various check-in stations: General Medical, Meet your Clinician, Labeling of your insulin pump (if applicable!), and medication in-take. **Please do not pack medicines, diabetes supplies or cell phone in your luggage. You will need it all at check in. All medications need to be in original containers and have the prescription on it.**

4. Once you have completed all check-in stations, your parent/guardian will leave.

**Check-in will be Sunday, June 7 at the following times:**

- 1:30PM: Last Name A-E
- 2:00PM: Last Name F-J
- 2:30PM: Last Name K-O
- 3:00PM: Last Name P-T
- 3:30PM: Last Name U-Z

**Camp Twin Lakes has multiple locations - please put this address in your GPS!**



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

## REMINDERS

- Driving age CITs are NOT permitted to bring vehicles to camp and must be checked in by a parent/guardian!
- We will NOT serve lunch on Sunday. Please have your CIT eat before arriving to camp!
- Please remember to keep your paperwork (including the 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 will 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 a photo identification is required for check-out. If someone other than the parent or guardian listed on the registration form is picking your CIT up, please notify us via email. ([pclark@campkudzu.org](mailto:pclark@campkudzu.org))

2. Once you have arrived, you must wait at the stop sign at the top of the hill. We will send cars down to the traffic circle one group at a time. You will stop at a station around the traffic circle. Your CIT will be waiting at that station with their luggage.

**Check out will be Friday, June 12 at the following times:**

- 10:30AM --> 8-12 year old Campers
- 11:00AM --> Teen Campers, CITs, and JCs

# 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, Toujeo, and Tresiba. If you use something different than listed, please bring with it with you and we will house it in the med lodge. 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. Camp Kudzu does not provide U200 insulins. 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.

**If your camper desires to use a CGM while at camp, please note that we allow cell phones for use as a receiver. Please review our [updated cell phone and CGM policy](#) with your child. All “shared data” features will be turned off for the duration of camp. Please come to camp with 2 back-up sensors in the event the sensor is dislodged.**

Non - FDA devices (including Riley link looping pump) are not permitted at camp as decided by Medical Advisory Board.

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

Please bring all oral diabetes medications, non-diabetes medications, vitamins, and supplements in original containers marked with CIT's name and daily dosage amount in a clear plastic zip bag. Please have this bag accessible during check-in and NOT in your CIT's luggage. We will collect CIT medication during the check-in process. There is no need to send 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 your CIT per the label instruction.

CITs 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 the CIT's counselor. If a CIT requires 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 CITs WITH ADD/ADHD

Many children 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 Natalie Vinson, Medical Director, [nvinson@campkudzu](mailto:nvinson@campkudzu).**

# MEDICAL INFORMATION CONTINUED...

## YOUR CIT'S 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 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 the Camp Kudzu Staff recommend that a CIT 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 child up and take them to see their personal health care provider with the understanding that once a CIT 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 CIT 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 CIT 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 CIT's day including minor cuts, scrapes, bruises, or bug bites.



## MANAGING DIABETES AT CAMP

The CIT group is assigned a Clinician for diabetes management and an Endocrinologist is always onsite or on-call. These diabetes professionals work as a team to monitor blood sugars, deliver and adjust insulin levels, help CITs manage their diabetes throughout the week, and teach CITs skills that are vital to successfully managing diabetes on their own. We also have a team of nurses to manage day-to-day non-diabetes medications and health needs.

CITs will be expected to have a large part in their diabetes management. We will encourage your CIT to approach their clinician already knowing what they would like to do and be open to having a conversation if the clinician feels that a different choice may work better.

All staff members are equipped with meters, strips, single-use lancets, alcohol swabs, sharps containers, and low supplies. Staff members are trained to identify symptoms of below and above target blood sugars.

If a camper is on a pump at check-in, we will adjust their pump settings to reflect the change in activity of a summer camp.

# Summer 2026 Low Treatment Options



Juicy Juice  
= 15g carbs



Glow  
Gummies  
= 4g carbs



Honest Juice  
= 8g carbs



Glucose  
Tabs  
= 4g carbs



Elovate15  
powder =  
15g carbs

\*Can be mixed with 2oz  
water or eaten as powder



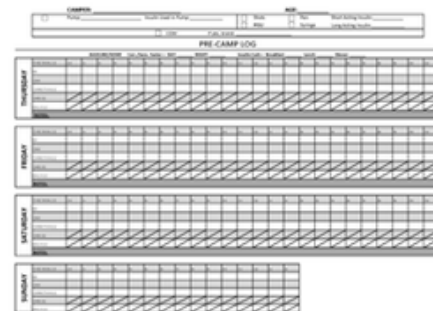
Sunkist  
Gems  
= 8g carbs

\*\*\*Flavors may differ from those shown in the picture. Make sure you are looking at the brand name to ensure proper carbs are being given. If you are unsure, double check with your counselors!

## 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. Keep this log with you and outside of your CIT's luggage to expedite your check-in process. This form will be used by your CIT's Clinician to determine insulin doses at camp and to alert them to any blood sugar trends that they will need to monitor during camp. 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

Before and after each meal, Clinicians meet with CITs to dose insulin. CITs and staff will use a carb count and allergen alert sheet that is developed for each meal. The cabin counselors work with campers to make choices and count carbs for each meal. CITs have an opportunity to look over the food choices for the meal and decide, in partnership with their Clinician, a pre-meal bolus of insulin to cover the carbohydrate content of the meal.

During the meal, CITs sit at tables with their cabin and counselors. While we encourage CITs to try new things that may have a slight spin on what they are used to eating at home, we realize some children are picky eaters. It is for this reason that fresh fruit, Sunbutter and jelly, bread, and other items are available at all meals as well.

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 our CITs. 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.

CITs with allergies and special dietary needs are served meals that mimic menu items served to the rest of camp. For example, a CIT who eats a vegetarian diet would be served a tofu stir fry instead of stir fry chicken; CITs living with celiac disease would be served a gluten free version of stir fry as well.

After each meal, CITs meet with their Clinician once more to review the insulin needed to cover the carbohydrates just consumed and make adjustments to doses if needed.

Snacks are served mid-afternoon as well as just before bedtime. Snacks include both carbohydrate and protein to encourage stable blood sugars throughout the day.

**Should you have any questions or concerns as it relates to meals, nutrition, and dietary needs at camp, please reach out to Natalie Vinson, Medical Director, [nvinson@campkudzu.org](mailto:nvinson@campkudzu.org).**

# PREPARING FOR CAMP

## MISSING HOME

For many, this will be the first time away from home since diagnosis. Upon arrival, the newness of the camp environment, making new friends, and the natural longing for the “old and familiar” make moments of missing home happen for many campers. Experience has taught us to expect the symptoms of missing home to occur over the first 36 hours of camp – often during rest period and/or lights out. Most often with a few conversations with counselors and the security of new friends and activities, the homesickness dissipates.

Here are some tips to help prepare your child for camp and the possibility of missing home :

### PRIOR TO CAMP:

1. Have a positive family attitude
2. Discuss expected camp activities
3. Mark a calendar with days until camp starts- HOORAY!!!
4. Give gentle encouragement that missing home is “ok”
5. Go shopping together for the things they will need at camp
6. Avoid phrases such as “If you stay until Wednesday, then we will come and pick you up.”
7. Share with your CIT the example schedule, and the check-in procedures, including that you will not be able to get out of the car and walk them to their cabin.

### DURING CAMP:

1. When writing letters to your child, avoid phrases such as “wish you were here,” or detailed accounts of what siblings and the family are doing. Instead, ask about camp activities, counselors, specific programs, etc.
2. Pack “surprises” or notes of encouragement among your CIT’s belongings
3. Express your confidence in his/her ability to be away from home and that the counselors are there to assist him/her if he/she should need anything as you are departing

## MAIL AT CAMP!

CITs love receiving mail at camp! You can either mail a letter to camp using the address below or you can drop-off mail in the designated box during check-in. To ensure your CIT will receive their letters at camp, we encourage dropping off camp mail on check in day. There will be a box during check in to drop letters off in. If you'd like to receive mail from your CIT, be sure to send pre-addressed and stamped stationary with them to camp.

Camp Twin Lakes- Rutledge East  
CIT Name  
C/O Camp Kudzu- Session 1  
1391 Keencheefoonee Road  
Rutledge, GA 30663

# PREPARING FOR CAMP

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

1. Cell phones (unless being used as a CGM receiver), 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 recreational drugs (THC + CBD included)
  5. Tobacco products, in any form, including vapes
  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\*\***
- \*\*In an effort to maintain the safety of our campers, volunteers, and staff, all camper bags/belongings may be subject to random search as decided by Medical Director or Senior Engagement Manager\*\***

## CELL PHONE POLICY

Camp Kudzu strives to educate CITs on embracing new technology and utilizing current diabetes management techniques to the best of their ability. Cell phones have come to the forefront of cutting-edge diabetes technology and to continue growing alongside new technology, we have updated our Cell Phone Policy. Please read through our updated policy to help us ensure the safety of campers, CITs, JCs and staff as we begin to use cell phones as diabetes technology at camp.

Phones will not be used at camp for reasons other than diabetes management.

*Functions such as calls, texts, social media, internet access, games, etc are not allowed.*

We will allow the cell phone to be used as the receiver for a CIT's CGM. Insulin dosing and decisions may be verified by a fingerstick BG, if needed. CGMs will be calibrated, as needed, based on manufacturer's recommendation.

- During check-in at camp, cell phones will be labeled with your CIT's name. We will ask that all non-CGM notifications and alarms are turned off during check-in and remain off for the duration of the program. We will also temporarily change the passcode to be able to access the CGM data more easily during midnight blood sugar checks.
- If your CIT uses the Dexcom Share or LibreLinkUp function, it will be **TURNED OFF** at check-in.
- If you upload CGM Data from your phone, all data will be available, in its entirety, from the Dexcom Clarity or LibreLink Apps following the conclusion of the program.

We will work with the CITs throughout the week on proper cell phone protocols when at camp as they transition to role models for younger campers.

- Failure of campers and/or parents to follow these rules could result in a camper's early dismissal from the camp program.

# 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. Music Party Costume! This year's theme is Now That's What I Call CAMP! Wear your favorite music genre.
4. Plain white 100% cotton t-shirt for tie-dye
5. Plain white t-shirt or clothing you wouldn't mind possibly getting paint on/messy for Color Wars!
6. Phone charger IF your CIT 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.**

**Please remember to have all medications out and accessible during check-in. Pump site changes will be given to clinicians during check-in.**

## DRESS CODE

CITs 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. 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 CITs 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

CITs will live in CIT-only cabins with CIT Lead Staff throughout the week. They will have opportunities to participate in camp activities, strengthen their bond as a CIT group, begin to learn what goes into being a volunteer at camp, and get some experience working with a younger camper cabin! Additionally, our CITs will help plan fun activities for all of camp to participate in, and learn valuable leadership skills throughout the week!

## SAMPLE DAILY SCHEDULE

8:00 AM	Breakfast	4:30-5:30 PM	Activity Period 3
9:00-9:30	Color Wars Challenge	6:00	Dinner
9:45-10:45	Activity Period 1	7:00	Singing & Dancing!
11:00-12:00	Activity Period 2	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

**SUNDAY**

Opening Cermonies

**MONDAY**

8-12: Trashin Fashin Show **CITs Lead!**

Teens: Jeopardy Feud

**TUESDAY**

Pool Party

**WEDNESDAY**

Color Wars **CITs Lead!**

**THURSDAY**

Kudzupalooza!!

Our Kudzupalooza dance party theme this summer is "Now That's What I Call Camp!" You dress up as your favorite music genre / decade of music!



# CAMP FORMS

## PRE-CAMP BLOOD GLUCOSE LOG

### CAMP KUDZU STAFF



#### **NATALIE VINSON**

Medical Director  
nvinson@campkudzu.org  
912-667-9051



#### **PATRICIA CLARK**

Senior Engagement Manager  
pclark@campkudzu.org  
770-877-1513



#### **OLIVIA THOMPSON**

Medical Manager  
othompson@campkudzu.org  
678-836-5987



#### **REAGAN DEES**

Program Coordinator  
rdees@campkudzu.org  
912-715-1005

If you need to contact Kudzu staff, please call Reagan at 912-715-1005. Our staff at camp will be monitoring emails and voicemails periodically. If you need immediate assistance, please contact the Camp Kudzu office at 404-250-1811.