

# 2026 SPRING FAMILY CAMP GUIDE



**Friday, April 24-  
Sunday, April 26**



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



**For general program:  
(404) 495-4862  
For non-emergent  
medical: (912) 667-9051**



## **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

**We can't wait to see you on Friday, April 24 at 6:30PM!!**

# CHECK-IN

## Check in will be from 6:30-8:00PM on Friday, April 24!

Once you arrive turn off Keencheefoonee Road into camp. Through the camp gates you will follow the sign leading you to EAST. Families will remain in their car and be directed through a temperature check before parking and getting out of the car for the rest of check in.

Once your family has completed check in (in the gym) you will be directed to your cabin! Each family will live in their own standalone cabin for the entirety of the weekend.

You may wish to pack lightly, as you will be responsible for getting your personal belongings to your own cabin. Wagons will be available for you to use, and Camp Kudzu volunteers will be around to help, as needed!

Once you arrive at camp on Friday evening, plan to stay on property through the end of the program on Sunday morning. Understand that we will not be allowing anyone to return to camp after leaving the property.

## REMINDERS!

- **We will NOT serve dinner on Friday. Please have your family eat before arriving to camp! We will provide an evening snack later Friday night!**

# CHECK-OUT

**Spring Family Camp will conclude around Noon on Sunday, April 26! You will be able to utilize wagons and volunteers to help get your family's luggage to the front traffic circle. You may choose to pull your car into the traffic circle to load your luggage up!**



# ABOUT CAMP KUDZU

## MISSION:

Camp Kudzu educates, empowers and inspires children living with diabetes.

## VISION:

To create a community where life with T1D is without limitations- everywhere Kudzu grows.

## PHILOSOPHY:

Camp Kudzu values **fun** and believes...that our children come to camp to be joyful, playful, and spirited, and they benefit from rediscovering the lighthearted side of life.

Camp Kudzu values **excellence** and believes...that our children, our volunteers and our staff deserve high quality programs, preparation, medical care and facilities.

Camp Kudzu values **education** and believes...that our children learn best when they are relaxed, receptive and exposed to medical and life lessons in many forms.

Camp Kudzu values **safety** and believes...that our children feel free to stretch their capabilities when adventures take place with supervision, standards of diligent care and in a secure environment.

Camp Kudzu values **friendships** and believes...that the magic of camp arises out of camaraderie, acceptance and support. Peers and mentors influence our youth far beyond the confines of our programs.

Camp Kudzu values **diversity** and believes...that our community is most relevant and strongest when we embrace children and adults of all racial, ethnic and economic backgrounds.

Camp Kudzu values **community** and believes...that belonging to a camp community is empowering, and that life's challenges may be less daunting when drawing upon the contacts and resources made through camp.

Camp Kudzu values **fiscal responsibility** and believes...that it is our responsibility to exercise fiscal discipline and increase fundraising so that we might increasingly address the needs of our community.

## GOALS & OUTCOMES:

- Families will be able to establish proactive patterns for living with type 1 diabetes.
- Campers & families know how to build friendships to have a social support network.
  - Campers will meet at least one positive role model, a person living with type 1 diabetes, while at Camp Kudzu.
  - Campers will show improvement in a health skill area at Camp Kudzu.

# WEEKEND OVERVIEW

This will be a fun, laid-back weekend full of learning opportunities and camp activities. You'll have a chance to connect with other families, campers, and siblings all weekend.

Throughout the program, campers will have an opportunity to engage in traditional camp activities, including arts and crafts, fishing, and rock climbing! At times, parents & guardians will be scheduled to participate in special, Parent/Guardian-Only discussion groups and talk with diabetes educators and health care professionals. During these parent specific sessions, your children and teens will be in activity groups with our trained Camp Kudzu volunteer staff.

Keep reading for details on meal times, a sample schedule and the packing list!

## MEALS

Meals will take place in the camp Dining Hall! Each family will be assigned a table in the dining hall, which will be your table for the weekend. Carbohydrate counts and allergen information will be provided! A member of the Camp Kudzu team will walk everyone through all Dining Hall procedures at Breakfast on Saturday morning.

We promote and serve healthy food choices and can accommodate any allergy or intolerance as long as we are aware of the need in advance. If you have not yet specified food allergies or dietary restrictions (i.e. vegetarian, vegan, Celiac) on your application for EVERY family member, please email Natalie at [nvinson@campkudzu.org](mailto:nvinson@campkudzu.org) so that we may make accommodations to best serve you.

Snacks will be available throughout the day. Therefore, there isn't a need for you to bring any outside food to camp. We try to eliminate outside food to reduce our risk of cross contamination from common food allergens in the dining hall and around camp. Last but not least, please arrive on Friday evening having already eaten dinner. There will be a bedtime snack available later in the night.



# WEEKEND OVERVIEW CONTINUED...

## EXPECTATIONS & PROHIBITED ITEMS

1. For security measures, Camp Kudzu name tags are to be worn at all times.
2. Campers should always be accompanied by an adult family member (except during activity times when campers will be supervised by Camp Kudzu staff).
3. Campers and staff are visitors to Camp Twin Lakes and are expected to be respectful of the facility by not damaging the property.
4. When you are away from your cabin, please turn off the lights to conserve energy.
5. Since cabins are close to each other, quiet hours begin at 10:30 pm.
6. Activity areas are closed when certified, trained staff are not present. Access to these areas (climbing wall, lake front, etc.) is controlled.
7. The camp gate will remain closed for the weekend and we ask that all families stay on camp property and do not leave unless otherwise discussed with the Camp Director.

### **The following items are NOT permitted at camp:**

- Knives, guns, weapons of any kind, and dangerous items
- Pets, no matter how cute, may not accompany you for the weekend
  - Personal equipment such as sports and electronics
  - Possession or use of alcohol or illegal drugs
- Smoking is not allowed in or around camp buildings or activity areas. A designated smoking area will be available in the parking lot.



**FAILURE TO FOLLOW  
FAMILY CAMP  
EXPECTATIONS MAY  
RESULT IN  
DISMISSAL FROM  
CAMP!**

# PACKING LIST

- Set of twin sheets, a blanket (or a sleeping bag), and a pillow for EVERY family member
- Clothes appropriate for Spring weather—indoors and outdoors. Check the forecast for Rutledge, and pack accordingly. It may be warm and sunny during the day but cooler in the mornings and at night!
- Sweatshirt or lightweight jacket
- Raincoat or poncho with a hood.
- Comfortable shoes. Shoes are required at all times at camp. Think ahead about activity times— tennis shoes are always a great idea! You may want to bring a back-up pair of shoes in case of rain or a run-in with the lake!
- Shower shoes
- Socks
- Underwear
- Pajamas
- Bath towels, washcloths
- Toiletries, including toothpaste and toothbrush, soap, comb/brush, deodorant, shampoo, etc.
- Bug spray and sunscreen!
- Flashlight for walking around camp at night
- Water bottle
- Backpack or small bag to carry items around camp
- Portable crib or Pack n' Play for your little one to sleep in. High chairs are available but limited. Please bring your own if you are able.
- Stroller for infants and toddlers!
- Your camper's diabetes management supplies, backup supplies and cooler for insulin (There are ice machines in the dining hall for cooler re-filling!)



# SAMPLE SCHEDULE

## FRIDAY, APRIL 24

- 6:30-8:00PM Family Check-In
- 8:30PM Family Camp Opening Ceremony!
- 9:00PM Evening Snack available
- 10:30PM Quiet Hours begin!

## SATURDAY, APRIL 25

- 8:00AM Breakfast
- 9:15-10:15AM Camper Activity 1 & Parent/Guardian Breakout 1
- 10:15AM Check-in
- 10:45-11:45AM Family Drop-In Activities
- 12:00PM Lunch
- 1:00-2:00PM Rest Hour
- 2:15-3:15PM Family Drop-In Activities
- 3:30PM Check-in
- 4:00-5:00PM Camper Activity 2 & Parent/Guardian Breakout 2
- 5:15-5:50PM Family Diabetes Education
- 6:00PM Dinner
- 7:30PM Evening Program
- 9:00PM Evening Snack
- 10:30PM Quiet Hours begin!

## SUNDAY, APRIL 26

- 8:00AM Breakfast
- 9:00-10:00AM Camper Activity 3 & Parent/Guardian Breakout 3
- 10:15-11:30AM Camper Activity 4 & Parent/Guardian Breakout 4
- 12:00PM Family Departure

\*We will not serve lunch on Sunday, but will have grab and go snacks available during departure!

