

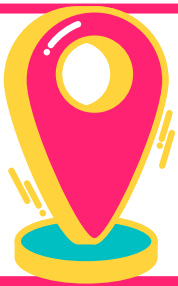
# 2026 CAMP GUIDE: SPROUTS DAY CAMP



**Monday, June 15 - Friday, June 19, 2026**  
**8:00AM-4:30PM DAILY!**

All Sprouts parents/guardians are asked to attend an orientation on the Sunday before Sprouts, June 14th from 3-5PM. This meeting will cover what to expect & medical policies. Parents and Guardians will also be able to meet their camper's counselors for the week! More details will come in a separate email.

\*\*From 4:30-5:00 we will hold camper check-in! By taking care of this on Sunday, you will be able to skip the longer Monday morning process of getting your camper checked in!



**Camp Wieuca**  
**3693 Wieuca Road NE**  
**Atlanta, GA 30342**



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

**Camp Wieuca**  
**(404) 467-4252**

# ARRIVAL & DEPARTURE

## CHECK-IN

1. Check-in will be each day at 8:00AM!
2. Once on campus, Camp Kudzu signs and staff will direct you around the campus for check-in.
3. Please note, if you did NOT complete the camper check in process on Sunday, then on Monday only, you will be directed to park and you will visit the clinicians station to get your camper checked in for the week.
4. You will need to display the Camp Kudzu car tag that you are given at Sprouts Orientation.
5. On Monday-Friday, you will not need to park your vehicle. Camp Kudzu staff will meet you at the drop-off line to help your camper out of the vehicle. Camp Kudzu parents will need to wait in the carpool line until directed!

**If you are not able to complete check-in at the end of Sprouts Orientation on Sunday, please arrive on time Monday morning, as you will need to visit with your camper's clinician for a few minutes to get checked in! You will not park but be pulled off to the side.**

**When navigating to camp, be sure to use the address to the right!**



**Camp Wieuca  
3693 Wieuca Road NE  
Atlanta, GA 30342**



## CHECK-OUT

1. Check out each day is at 4:30PM!
2. Once back on campus, please follow the Camp Kudzu signs to the check-out area.
3. Parents will not need to park for check-out. Camp Kudzu staff will escort campers to vehicles and ensure they are safely loaded.

**If there are any changes to your pick-up plans, we must be notified in writing, via email, or phone call. Any person picking your camper up for you will be asked to provide photo identification before your camper is released.**

# MEDICAL INFORMATION

## MEDICAL SUPPLIES: WHAT TO BRING

Thanks to the generosity of our pharmaceutical suppliers, Camp Kudzu provides all 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, Lumjev, Toujeo, and Tresiba. If you use something different than listed, please bring with it with you and we will house it in a refrigerator. 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. 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 1-2 extra pump sites per day. Camp is 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.

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—While we prefer the original receiver for CGMS, If your camper utilizes a cell phone as the receiver for their Continuous Glucose Monitor, we will allow them to have the cell phone at camp. Campers who bring their cell phone as their CGM receiver will have the "Share" feature turned off each morning as they arrive to camp! Please see the "Cell Phones" section on Page 6 for more detail!

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

Please bring all oral diabetes medications, non-diabetes medications, vitamins, and supplements in original containers marked with camper's name and daily dosage amount in a clear plastic zip bag.

Campers with asthma or allergic reactions who require emergency medication such as inhalers or EpiPens will have access to these items at all times, as they are carried by the camper's counselor. If a camper requires EpiPen 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 CAMPERS 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. She can be reached at [nvinson@campkudzu.org](mailto:nvinson@campkudzu.org) or 912-667-9051.**

# MEDICAL INFORMATION CONTINUED...

## MANAGING DIABETES AT CAMP

Each camper group is assigned a Clinician for diabetes management and an Endocrinologist is always onsite or on-call. Alongside group counselors, these diabetes professionals work as a team to monitor blood sugars, deliver and adjust insulin levels, help campers manage their diabetes throughout the week, and teach campers skills that are vital to successfully managing diabetes on their own.

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

## MEDICAL FORMS

Prior to the first day of camp, please complete the Pre-Camp Blood Sugar Log and Daily Diabetes Form (distributed at Sprouts Orientation and can be downloaded at the end of this guide).

- Pre-Camp Blood Sugar Log: Please use this log to record blood sugars, insulin doses (basal/long acting, corrections, and boluses, etc.) and carbohydrate intake beginning the Friday before camp. This will help your camper's clinicians see any recent trends in blood sugars!
- Daily Diabetes Form: This form is to help with transitioning your camper's diabetes management between you and their clinician each day! Your camper's clinician will complete the bottom half throughout the day at camp. You will receive a copy of the completed form at the end of each camp day in addition to a new, blank form to complete prior to arrival the following day. You should only complete the top half of the Daily Diabetes Form!

**You will be able to download a copy of the pre-camp blood glucose log on the final page of the guide!**

## MEALS & NUTRITION AT CAMP

All Sprouts campers should come with a sack lunch each day. All snacks will be provided by Camp Kudzu. If your child has any special dietary needs (allergies, intolerances, celiac disease) that you did not note on their camper registration form, please let us know as soon as possible.

Because of allergies and other special dietary needs, we discourage the sharing of food. **Camp Wieuca follows a peanut-free policy in their dining areas and we would appreciate the avoidance of peanut products in your camper's lunch each day.** We encourage campers and staff to practice healthy habits when it comes to nutrition. Each day of camp is filled with activities that require adequate nutrients and "fuel" to keep blood sugars in range! It is for this reason that we ask you not to send any juice or sugary beverages, as we reserve 100% fruit juice to treat low blood sugars at camp. Campers will also have constant access to drinking water throughout the day. Please pack a water bottle (plastic please—no glass!) to keep them hydrated! All lunches should be packed in a clearly labeled lunchbox. In addition, there are no refrigerators available for Sprouts campers, so please include ice/cold packs in your camper's lunchbox.

The "Daily Diabetes Form" has space for you to include carbohydrate counts for each lunch item that you pack. It can also be helpful to include carbohydrate counts on the actual food item as well. For example, some parents put a post-it with "30g" written on the sandwich they pack. Prior to departure each day, your camper will receive a snack. The clinician will record the carbohydrate of the snack, a pre-snack blood sugar, and how much insulin—if any—was given for the snack.

# PREPARING FOR CAMP

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

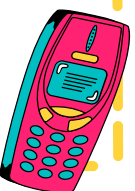
1. Electronics including, but not limited to, cell phones (if NOT being used as a CGM receiver), laptop computers, iPods, iPads, Gameboys, and MP3 players, etc.
2. Food of any kind (other than lunch in a labeled lunchbox!), including sugar-free candies or chewing gum (All snacks are provided.)
3. Knives, 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

Camp Kudzu strives to educate campers 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 and staff as we begin to use cell phones as diabetes technology at camp.

We would prefer if your child came with their Dexcom/Libre receiver but understand not everyone may have access to those. If you do not have access to a receiver, we will allow the cell phone to be used for diabetes management. Insulin dosing and decisions may be verified by a fingerstick BG, if needed. CGMs will be calibrated, as needed, based on manufacturer's recommendation.

*If your camper uses the Dexcom Share or LibreLinkUp function, it will be TURNED OFF each day as your camper arrives to camp.*



# PREPARING FOR CAMP CONTINUED...

## DAILY PACKING LIST

- Backpack
- Cool, comfortable clothing that can withstand water, paint & mud
- Secure shoes (Flip flops and crocs may NOT be worn at camp)
- Sunscreen
- Change of clothes
- **Thursday ONLY:** Swimsuit & Towel (*They will change at lunch for afternoon water activities*)
- Lunch & Water Bottle- both clearly labeled with camper's name!
- 1-2 extra pump site changes \*If applicable

## DRESS CODE

Campers 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 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.

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

## CAMPER CONTRACT

To ensure Camp Kudzu is a safe and enjoyable experience for everyone, my camper agrees to abide by the below rules of Camp Kudzu. I understand that my camper is responsible for their actions, and if they break one of the below rules, action will be taken which may result in notification of parents/guardians, dismissal from camp and possible exclusion from future Camp Kudzu programs.

1. I will not possess firearms, knives or weapons at camp.
2. I will not use foul language.
3. I will not bolus without the permission of my clinician.
4. I will not leave an activity area without supervision of a counselor.
5. I will help to keep camp clean.
6. I will not damage camp property.
7. I will not touch, go through, or destroy another camper's or staff member's personal belongings without their permission.
8. I will not hit, slap, punch, or abuse another individual.
9. I will not emotionally or verbally harm another individual through bullying, gossiping, name calling, or exclusion.
10. I am not allowed to have or use a cell phone at camp unless it is being used for diabetes management.

# WHAT TO EXPECT

## SAMPLE DAILY SCHEDULE

<b>8:00-8:30</b>	<b>Camper check-in!</b>
<b>8:45-9:30</b>	<b>Activity 1</b>
<b>9:45-10:45</b>	<b>Activity 2</b>
<b>11:00-12:00</b>	<b>Meet with Clinicians and Lunch</b>
<b>12:30-1:30</b>	<b>Activity 3</b>
<b>1:30-2:30</b>	<b>Diabetes Education &amp; Snack Assembly</b>
<b>2:45-3:30</b>	<b>Activity 4</b>
<b>3:45-4:15</b>	<b>Snack</b>
<b>4:30-5:00</b>	<b>Camper check-out!</b>

## CAMP FORMS

### PRE-CAMP BLOOD GLUCOSE LOG

Beginning Thursday, June 11, please begin keeping a log of your camper's blood sugars including low treatments, insulin doses, etc. You will bring this to check-in with your camper's clinician! The log will help the clinician be aware of any trends in blood sugars that have been recently occurring!

### DAILY DIABETES FORM

This form is to help with transitioning your camper's diabetes management between you and their clinician each day! Your camper's clinician will complete the bottom half throughout the day at camp. You will receive a copy of the completed form at the end of each camp day in addition to a new, blank form to complete prior to arrival the following day. You should only complete the top half of the Daily Diabetes Form!

## DRESS UP DAYS

**MONDAY: KUDZU SHIRT**

**TUESDAY: TIE DYE**

**WEDNESDAY: WACKY  
HAIR OR HAT**

**THURDAY: SILLY SOCKS**

**FRIDAY: BRIGHT COLORS**

# CAMP KUDZU STAFF (AT CAMP!)



**NATALIE VINSON**

Medical Director

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912-667-9051



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**OLIVIA THOMPSON**

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678-836-5987



**REAGAN DEES**

Program Coordinator

[rdees@campkudzu.org](mailto:rdees@campkudzu.org)

912-715-1005

**Each Sprouts camper group will be made up of 10-12 campers, 3-4 Camp Kudzu Volunteer Counselors, & 1 Medical Clinicians!**

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**During the camp session, to leave a voicemail for the Senior Engagement Manager, please call 404-495-4862. Your call will be returned as soon as possible. Our staff will be monitoring emails and voicemails periodically. If you need immediate assistance, please contact the Camp Kudzu office at 404-250-1811.**