

# TEEN RETREAT

## 2026 CAMP GUIDE



**Friday, February 6 -  
Sunday, February 8, 2026**

***Camper check-in starts at  
6:30PM!***



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



**For general program  
questions please contact:  
404-495-4862**

**For non emergency  
medical questions please  
contact: 912-667-9051**



### **NATALIE VINSON**

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

### **OLIVIA THOMPSON**

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



### **PATRICIA CLARK**

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

### **REAGAN DEES**

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



**During the camp session, to leave a voicemail, please call 770-877-1513. 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.**

# CHECK-IN

## REMINDERS

1. All campers must be checked in by a parent or guardian, as indicated during registration.
2. You will arrive at camp and follow the signs to drive through CTL's front gate. Follow the Camp Kudzu signs straight down to the traffic circle. We will do a flu screening while in your car before asking you to park and come inside for the rest of check in.
3. Inside the gym you will complete a general medical check in, lice check, medications check and meet with your camper's clinician.
4. Camp Kudzu volunteers will help label your camper's luggage and lead your camper to their cabin for the weekend. At this time, you are able to head back to your car.

- Driving age campers are NOT permitted to bring vehicles to camp and must be checked in by a parent/guardian!
- We will NOT serve dinner on Friday. Please have your camper eat before arriving to camp! We will have a Friday evening snack.
- Please remember to keep your paperwork including blood glucose log, medications, and pump sites easily accessible. You will need all these items during the check-in process.
- Thank you for your patience as we make efforts to continuously improve our check-in process!

**Check in will be on Friday, February 6th at 6:30PM!**

# CHECK-OUT

1. Please remember that you will need to bring photo identification with you in order for your camper to be released to you. If someone other than the parent or guardian listed on the registration form will be picking your camper up, please notify us right away.
2. Once you have arrived to camp, you 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 you will stop at a station around the traffic circle. Your camper will be waiting at that station with their luggage!

**Check out will be on Sunday, February 8th at 10:30AM!**

**Please be respectful of the checkout time as our partner site needs Camp Kudzu to be off campus by certain time to prepare for the next camp's arrival.**

# 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: : Lantus, Tresiba, Toujeo, Levemir, Novolin N, Humalin N, Humalin R, Humalog, Novolog, Fiasp, Apidra, Lyumjev. 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, Smart Pen insulin pens, or pre-filled cartridges (iLet). 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. *\*If your camper uses an insulin listed above as having NO or LIMITED amounts of that type of insulin pen, they will use vials and syringes for the weekend unless you would like to provide pens. If you choose to provide pens, we will label them with your camper's name and will return them at the conclusion of the weekend!*

Pump sites—if your camper uses an insulin pump, please send 4-6 extra pump sites for the weekend. 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 Friday 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—We are excited to continue changing our medical protocols as technology surrounding diabetes care evolves! We WILL calculate insulin doses using CGM data 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. If your camper feels most comfortable bringing their CGM to camp, please be aware that he/she must be able to independently insert/start sensor and troubleshoot any problems that might arise. Clinicians will monitor calibration according to manufacturer recommendations each day. 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 WILL allow cell phones as a receiver. Please review our [updated cell phone policy](#) with your child. Additionally, all “shared data” features must be turned off. Please come to camp with a newly placed sensor as well as 1- 2 back-up sensors in the event the sensor is dislodged. Please see attached [CGM policy](#) for elaboration.

## 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. Please have this bag accessible during check-in and NOT in your camper's luggage. We will collect camper 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 camper per your instruction. 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. 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.

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

# MEDICAL INFORMATION

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## YOUR CAMPER'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 Senior Program Coordinator 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 Senior Program Coordinator 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 the Medical Liaison recommend that a camper 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 camper 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 camper 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 Senior Program Coordinator, 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 camper needs to leave the camp grounds for any reason, they will NOT be allowed to return back to camp for the remainder of the session. We generally do not call parents regarding minor issues which are easily taken care of and do not significantly affect the camper's day including minor cuts, scrapes, bruises, or bug bites.

## MANAGING DIABETES AT CAMP

Each cabin 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 campers manage their diabetes throughout the week, and teach campers 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.

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 your child uses a Diabetes Alert Dog and you wish for the dog to accompany your child to camp, you will need to complete an application one month prior to the start of the session. These animals are valuable but there are many stresses to the animals in the camp setting. The dog's presence will also affect the child's experience and may make it difficult for the child to participate fully in all activities. Please contact the Medical Director as soon as possible if you wish to bring the dog to camp.

# MEDICAL INFORMATION

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## 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 the camper's luggage to expedite your check-in process. This form will be used by your camper's Clinician to determine insulin doses at camp and to alert them to any blood sugar trends that they will need to monitor at camp. Please begin the log the Wednesday before Teen Retreat begins.

**[Download the pre-camp blood glucose log HERE](#)**

## MEALS & NUTRITION AT CAMP

Before and after each meal, Clinicians meet their campers to dose insulin. Campers 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. Campers 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, campers sit at tables with their cabin and counselors. While we encourage campers 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 Medical Director works with the Camp Twin Lakes staff prior to our arrival on a menu filled with healthy and tasty foods for our campers. 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.

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

After each meal, campers 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, [nvinson@campkudzu.org](mailto:nvinson@campkudzu.org)**



# 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 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\*\*

**Preview of the Camper Contract** your camper will sign at camp.

## 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.

Phones will NOT be used at camp for reasons other than diabetes management such as calls, texts, social media, internet access, games, etc. We will allow the cell phone to be used as the receiver for a camper'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 and put in locked cases. All cabin staff and medical staff have magnets to unlock the phone cases, and campers can ask to pull their phone out to view CGM readings at any time!
- If you or your camper use the Dexcom Share function, it will be TURNED OFF at check-in when the phone is turned in and will need to be turned back on by the camper/parent/guardian upon checking out from camp! We will provide directions to do this, just in case!
- If you upload CGM Data from your phone, all data will be available, in its entirety, from the Dexcom Clarity App following the conclusion of the program.
- Phones will be returned to campers during check-out from camp.
- Failure of campers and/or parents to follow these rules could result in a camper's early dismissal from the camp program.

# SAMPLE SCHEDULE

## FRIDAY, FEBRUARY 6

4:00PM	Volunteer Staff Check-in
5:00PM	Staff Meeting
5:30PM	Dinner & Camper Check-in Set Up
6:30PM	Camper Check-in
8:30PM	Snack
9:30PM	Evening Program
10:45PM	Back to cabins
11:00PM	BG Checks
12:00AM	Lights Out! Midnight Rounds begin

## SATURDAY, FEBRUARY 7

8:15AM	Meet with Clinicians
8:30AM	Breakfast
9:30AM	Activity Period 1
10:45AM	Activity Period 2
11:45AM	Meet with Clinicians
12:00PM	Lunch
1:00PM	Shoes Off!
2:30PM	Activity Period 3
3:30PM	Snack
3:45PM	Diabetes Education
5:00PM	Activity Period 4
6:15PM	Meet with Clinicians
6:30PM	Dinner
8:00PM	Evening Program- Silent Disco!
9:00PM	Snack
10:45PM	Back to cabins
11:00PM	BG Checks
12:00AM	Lights Out! Midnight Rounds begin

## SUNDAY, FEBRUARY 8

8:15AM	Meet with Clinicians
8:30AM	Breakfast
9:30AM	All Group Games / Group Photo
10:30AM	Check Out Begins

# PACKING LIST

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. Flashlight
5. Water bottle
6. Backpack, knapsack or small bag
7. Picnic blanket or stadium seat
8. Face mask (1-2 if preferred)
9. Jeans/Warm pants
10. Comfortable shirts
11. Sweatshirt and/or jacket
12. Raincoat or poncho with a hood
13. 2 pairs of warm pajamas
14. Warm socks
15. Hat
16. Sunglasses
17. Laundry bag
18. Warm and Comfortable walking shoes
19. Plastic or waterproof container for your toiletries/shower supplies
20. Shower shoes (flip flops, plastic shoes)
21. Toothpaste and toothbrush
22. Soap and Soap Container
23. Shampoo and Conditioner
24. Deodorant
25. Favorite Music Genre outfit for the Silent Disco
26. Please check the weather for Rutledge, GA as Teen Retreat is typically a cold weekend.

**4-6 pump site changes  
(including sites, reservoirs,  
and tubing), if applicable!**

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

## DRESS CODE

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

1. In order to be respectful of our community, we ask that clothing be modest and unoffensive.
2. Any clothing that alludes to alcohol, tobacco, or drugs cannot be worn at camp.
3. 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, some camp activities, like ropes course, 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)**