

2026



**CAMP
DISCOVERY**
D-CAMPS



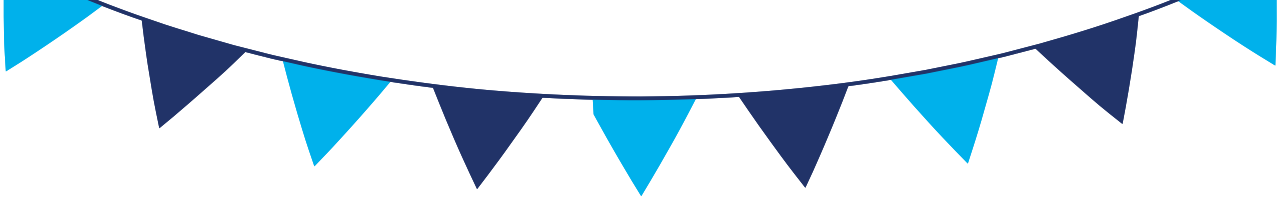
**DIABETES
CANADA**

D-CAMPS

diabetes.ca/d-camps | 1-800-BANTING

 [dc_dcamps](https://www.instagram.com/dc_dcamps) |  [DC.dcams](https://www.facebook.com/DC.dcams)





A LETTER TO NEW AND RETURNING CAMPERS AND FAMILIES



Dear Families, Campers, and Guardians,

We are very excited that you will be joining us for our 19th year of operation. Camp Discovery is proud to be hosted at Stevenson Children's Camp, just on the outskirts of London, Ontario. Stevenson Children's Camp is nestled on a former farm, situated on a beautiful 125 acres of land for fun and exploration.

We have an awesome program planned this summer and we can't wait to share it with you. You'll get to try some amazing activities, meet new friends, and learn more about type 1 diabetes. We hope that by the end of your time at camp, you will have gained confidence, new skills, have a greater appreciation for the outdoors, and have a better understanding of how to manage your own type 1 diabetes.

Before you start packing your suitcase, please read our D-Camps Guide and this Information Package. It is full of information that will prepare you to have the best camp experience possible. Some of the important information included in this package is:

- Directions, Transportation and Dates
- Packing List
- Camp Activities
- Serving Diverse Campers
- Mail and Care Packages
- Continuous Glucose Monitors
- Cancellation and Refund Policy
- Contact Information

From all of us at Diabetes Canada and Camp Discovery, we are very excited that you are joining the Camp Discovery family!

Sincerely,

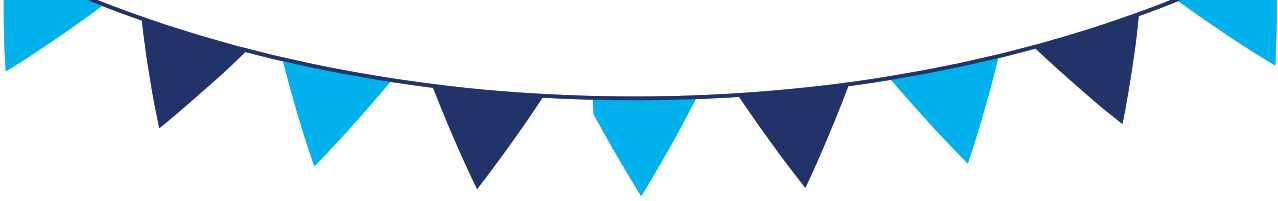


Morgan Tobin
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LAND ACKNOWLEDGMENT

We recognize that our work takes place on traditional Indigenous territories across Canada. We also wish to acknowledge that Camp Discovery, hosted at Camp Woodeden, is located on the traditional Indigenous territory of the Attawandaran (Neutral), Haudenosaunee, Lunaapeewak, and Anishinaabe people. Today, London, Ontario, is still home to many Indigenous people, and we are grateful to have the opportunity to meet and work on this territory. We wish to express gratitude for the resources on this land we are using, and honour all the First Nation, Métis, and Inuit people who have been living on the land since time immemorial.

Diabetes Canada knows that land acknowledgement is only a first step in the essential act of reconciliation and relationship building with Indigenous peoples.

DIRECTIONS, TRANSPORTATION, AND DATES



Camp Discovery, London, ON: July 26 – 31, 2026

Camp Discovery is pleased to operate this summer at Stevensons Childrens Camp just east of London Ontario. Nestled on a former farm, Stevenson Childrens Camp sits on 125 acres of land. Since its inception, Camp Discovery has been strongly supported by medical staff in southeastern Ontario, especially from the Children's Hospital at London Health Sciences Centre.

Sign-in: Opening Day Sunday, July 26	Sign-out: Closing Day Friday, July 31
Campers age 7 -10: 1:00 PM Campers age 11 – 12: 1:30PM	11:30 AM

Our campers are dropped off and signed into camp near the Dining Hall. Please proceed through the gates where Stevenson staff will help direct folks where to park. Please do not arrive earlier than 1:00 pm, as we will still be preparing for campers to arrive. EARLY ARRIVALS WILL BE ASKED TO LEAVE UNTIL REGISTRATION TIME. Parents/Guardians will have the opportunity to meet with the medical staff to discuss their children's stay at camp during this time.

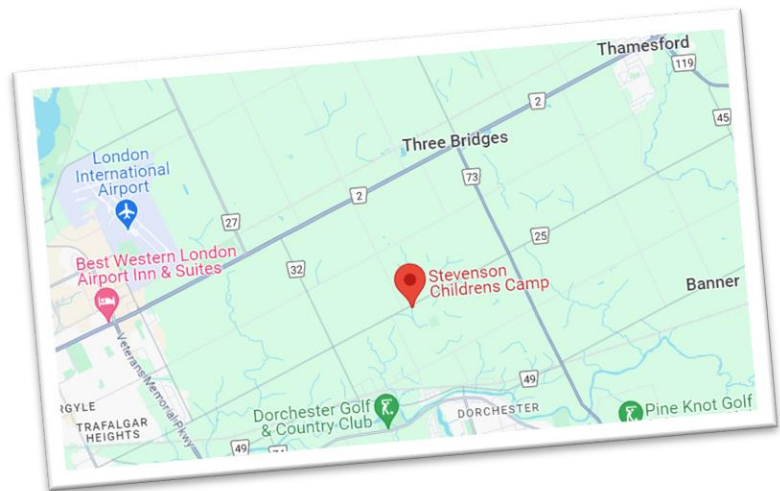


We ask all parents to be at camp for Friday, July 31 at 11:30am. We will have a closing ceremony and BBQ that parents, guardians, and families are welcome to join us for! An RSVP link will be included in pre-camp communications.

DIRECTIONS



Camp Discovery is hosted at Stevenson Children's Camp. Camp is located at 5081 Gore Road, Dorchester, ON N0L 1G4. Directions to camp can be found [HERE](#).



LOST AND FOUND

It is easy to forget or misplace things at camp. To help navigate this, we have a designated lost and found area that will be populated with any found items. Campers are encouraged to check the lost and found regularly, however families are encouraged to check this area during pick-up as well. To be proactive, we suggest that families consider labelling all of their camper's items ahead of their session. Should a labelled item be left at camp, we will do our best to send it back to the person it belongs to!

MAILING AND CARE PACKAGES

Please drop off all mail or care packages at drop-off during the sign-in process so that the counsellors can ensure that the mail is delivered directly in a timely manner for your camper. Given we use a host site, this will avoid mailing delays and packages getting lost or misplaced. Any food, beverages, electronic devices, etc. received in care packages will be confiscated for the duration of camp and returned for pick up.



SUGGESTED PACKING LIST

Please label everything your camper brings to camp. Lost items that are labeled can easily be returned if they are found. Please include a packing list with the corresponding quantities if you would like your camper to use when packing at the end of camp.

Please note this list is simply a guideline or suggestion. Please pack clothing and items that make sense for your camper's time at camp. Additionally, this list is recommended for a 1 week stay at camp. We recommend packing belongings in suitcases, luggage or storage containers that are labelled and can be identified by your camper. Please **do not** use garbage bags as they can rip or easily be mixed up during transport!



MEDICAL

- | | |
|--|---|
| ☐ Insulin
☐ Insulin Pens
☐ Pump Supplies in a labelled Ziploc-type bag
☐ Any Medication (in original packaging) | ☐ Pump batteries (AA/AAA)
☐ CGM (sensors, transmitter, receiver) – please connect with the Camp team to learn how these tools work at camp |
|--|---|

You know your camper best. Please pack enough medical/diabetes management supplies for the duration of the session. Camp Discovery will supply syringes, pen needle tips, lancets, blood glucose meters, testing strips, and ketone testing supplies. Please remember to pack supplies for traveling to and from camp. Camp Discovery will also supply emergency medical supplies, like glucagon

GENERAL

- | | | |
|--|--|---|
| ☐ 6 pairs of socks
☐ supply of underwear for the session
☐ 2-3 pairs of shorts
☐ 1-2 pairs of pants/sweatpants
☐ 6 t-shirts | ☐ 1-2 sweatshirts/long-sleeve shirts
☐ flip flops or sandals
☐ 2 pairs of shoes: one pair should be running shoes for overnight trips | ☐ 1 pair athletic sandals
☐ 1 waterproof rain suit
☐ 1 pair of rubber boots
☐ 2 swim suits (<u>sport-style swim suits only</u>)
☐ 1-2 sets pajamas |
|--|--|---|

SUN SAFETY

- | | | |
|---|---|--|
| ☐ 1 hat with brim
☐ water bottle | ☐ sunscreen SPF30 or greater | ☐ swim shirt/rashguard
☐ sunglasses |
|---|---|--|

CAMP STUFF

- | | | |
|---|---|---|
| ☐ sleeping bag or sheets & blanket for single bed
☐ pillow
☐ insect repellent (no aerosol spray please)
☐ toiletry kit (soap, facecloth, toothbrush, toothpaste, comb, deodorant, etc.)
☐ flashlight & extra batteries | ☐ 1-2 lightweight towels
☐ day pack (for camera, rain gear, etc.)
☐ camera (cell phones with cameras are NOT acceptable)
☐ empty large plastic bags for wet & dirty clothes to come home in. | OPTIONAL:
☐ pen, paper, stamps (addressed and stamped envelopes/postcards are great!)
☐ acoustic musical instruments
☐ Silly Costume for the first night campfire! |
|---|---|---|

WHAT NOT TO BRING

- | | |
|---|--|
| <ul style="list-style-type: none"> ✗ Alcohol, non-prescriptions drugs, drugs not prescribed to the camper, tobacco products, electronic smoking devices ✗ Knives, including camping or Swiss army knives ✗ Valuable or precious items ✗ Matches or lighters ✗ Food | <ul style="list-style-type: none"> ✗ <u>ANY</u> non-medical electronics with the exception of digital cameras ✗ Smartphones, even if you use them for diabetes management outside of camp ✗ Nightscout or similar devices ✗ <i>Please contact the Camp Director if you have questions about any diabetes management technology you wish to bring</i> |
|---|--|

Diabetes Canada is not responsible for lost or stolen items.



CAMP ACTIVITIES

Campers will be exposed to a wide variety of activities. Campers will receive individual instruction from our staff members to help them develop new skills. Additionally, campers will take part in group activities and participate in games and themed events that involve the entire camp.

Through all the camp activities, we emphasize creativity, imagination, and adventure while promising a safe fun-filled atmosphere for children that encourages personal growth and the development of self-confidence.

Campers will travel as a cabin to seven core activities throughout the day. Each activity is carefully planned and executed to the learning needs and styles of each age group. Campers then get to choose an elective that appeals to them individually.

At camp, we do our best to promote cooperation rather than campers to achieve their own goals rather than encouraging them to measure their success against those around them. Your camper will be able to participate in the following:

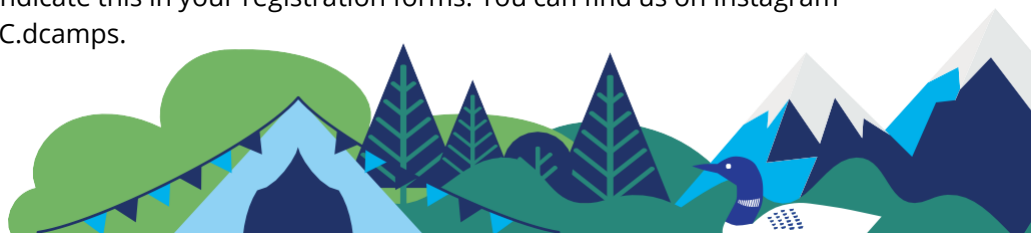


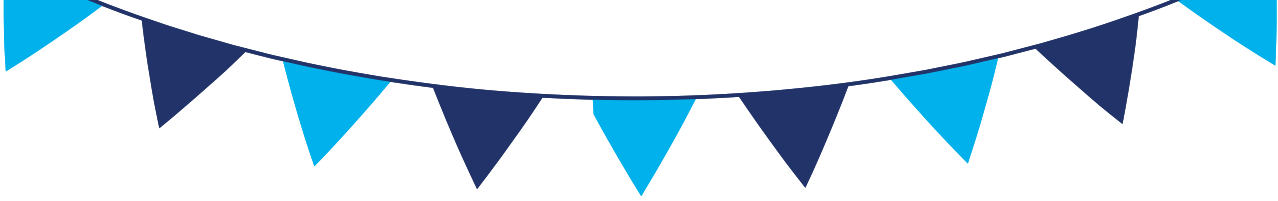
Cabin Rotation Activities	Archery, Arts and Culture, Sports and Games, Nutrition, Swimming, Nature Hikes
Evening Program	Every night at Camp Discovery the whole camp community comes together to take part in activities like Capture the Pump, Campfire and many other themed activities.



PHOTOGRAPHY & SOCIAL MEDIA

During each session, our staff team will do their best to capture pictures of the many memories and moments for friends, families, and caregivers to share in this experience. While we will be posting many of these pictures on our social media platforms, with the hustle and bustle of camp life, it can be challenging to post regular updates. Each session will have a scheduled social media takeover to share a snapshot into what's happening around camp! Other pictures can be expected to follow the session and into the summer. In the event that you would not like your camper to be photographed while at camp, please be sure to indicate this in your registration forms. You can find us on Instagram at dc_dcamps and Facebook at DC.dcamps.





INCLUSION AT D-CAMPS

At Diabetes Canada and D-Camps we believe that our camp and youth programs are for all children and youth living with type 1 diabetes regardless of ancestry, colour, race, ethnicity, religion, creed, sex/gender, sexual orientation, gender identity or expression, ability or exceptionality.

To ensure that we can provide the best experience for all of our participants we ask that families complete all registration forms as fully and truthfully as possible. The more we know about our participants the better we can support their needs.



At D-Camps, we strive to create equal opportunities for individuals that may identify or be affiliated with any number of biological, social, and cultural categories. Additionally, D-Camps aims to be open and accessible to all participants, ensuring that identification and/or affiliation with the above categories does not act as a barrier, obstacle, or deterrent that presents a child from experiencing a traditional overnight summer camp experience. D-Camps follows Pride Camping Association's best practices that are directed toward any LGBTQ+-identified youth and those from LGBTQ+ families and aim to create and foster a more comfortable and fun environment, free of harassment, discrimination, hostility, isolation, and any other afflictions of systematic oppression. LGBTQ+ participants and families are welcome to speak to the Camp Director if any accommodations are needed, which will remain confidential. In addition to this, many general inclusive policies are in place to ensure the camp environment and culture is inclusive and supportive for any participants, staff, and volunteers, who have not readily indicated any specific identity or affiliation prior to the start of their involvement in our programs.

If you have any questions about the fit of your child at our programs, please contact our Camp Manager or Camp Director to discuss the support we can provide.

CONTINUOUS GLUCOSE MONITORS

With the progression of diabetes treatment tools and technology, we welcome continuous glucose monitoring (CGM) devices and technologies, including open-source automated insulin delivery (AID) system, commonly known as DIY or looping technology. As Diabetes Canada has long advocated for the importance of autonomy for people with diabetes, our healthcare teams are keen to support the continuation of care in a camp setting. For any participants using "looping" technology at camp there is the expectation that parents/guardians/participants will take time to review their settings with their medical team at intake. As there are a variety of apps/interfaces, it is important to not only understand where and how the settings currently live, but also the understanding the participants have with the interface. It is the expectation and requisite that participants looking to use looping at camp have a strong comprehension of their interface.



D-Camps medical staff and volunteers will continue to operate in compliance with Diabetes Canada Clinical Practice Guidelines (CPGs).

Regardless of system, transmitting functions will be turned off while at camp, and if a cellular device is used as a transponder, the SIM card will be removed for the duration of camp and kept in a secure location that will be returned come the end of the camp session. Families may also remove the SIM card prior to arriving at camp.

Campers will be sent home with a summary note of their time and diabetes management while at camp. We recognize that as diabetes management has become more digital for some, families and caregivers are used to having more frequent access and monitoring to information. Should you have any specific questions about your child's diabetes management while at camp, please reach out to our team and we would be happy to help you.

Medical use for monitoring and treatment of CGMs is up to the discretion of the camps medical team.



CANCELLATION/REFUND POLICY

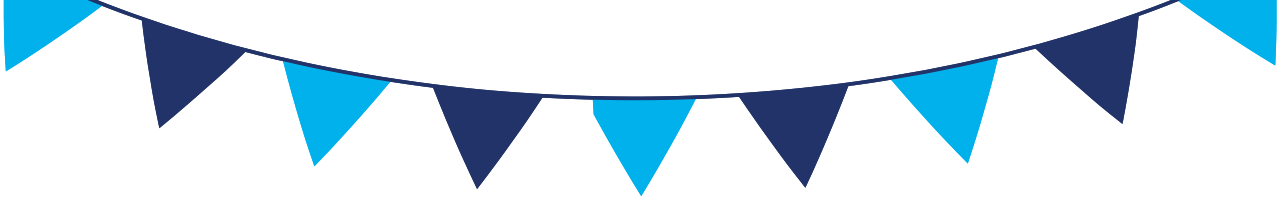
BEFORE/ON FEBRUARY 28, 2026 – Full refund of all fees less a **\$25 cancellation fee** (per program).

MARCH 1 - MAY 31, 2026 -Full refund of all fees less a **\$100 cancellation fee** (per camper).

AFTER JUNE 1, 2026 – All fees are non-refundable.

Notification of cancellation is required in writing or via email and must be received by the Camp Administrative Coordinator.





There will be no refund made for any participant leaving D-Camps during any program/session, including in an instance where the participant is removed from the camp program at the choice or request of the participant or the participant's parent/guardian or for reasons of homesickness or behaviour that violates our code of conduct or compromises safety. In the case of illness or injury incurred at Camp, a prorated refund will be reviewed and applied by the camps team. There will be no refund or reduction of fees for campers arriving late or leaving early.

If you decide to cancel your camp registration or have questions about registering, please contact us at: camps@diabetes.ca



CONTACT INFORMATION

If you have questions about the Camp Discovery program or will be arriving late to Camp, please contact Morgan Tobin Camp Director, Morgan.Tobin@diabetes.ca



Our Administrative Coordinator can be reached at camps@diabetes.ca to support with any questions related to registration, financial assistance or changes to completed forms.

Any other questions can be directed to our Information and Support Team at 1-800-226-8464 or info@diabetes.ca

