

2026



**CAMP
MORTON**
D-CAMPS



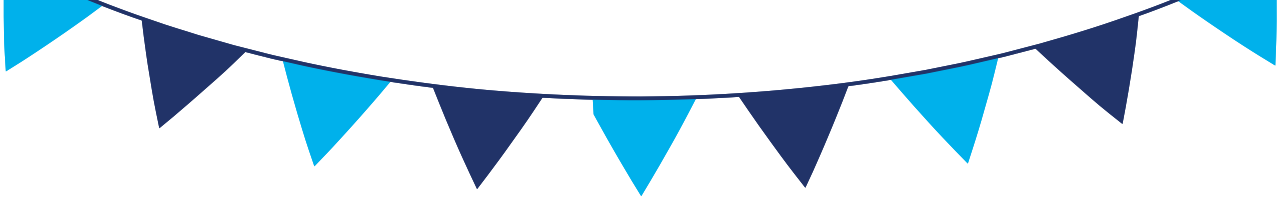
**DIABETES
CANADA**

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 Camper and Family,

We are so excited that you will be joining us at Camp Morton this summer for our 16th year of operation. Camp Morton is proud to be hosted by Parks Canada at Kejimikujik National Park and Historic Site.

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 Morton, we are very excited that you are joining the Camp Morton family!

Sincerely,



Morgan Tobin

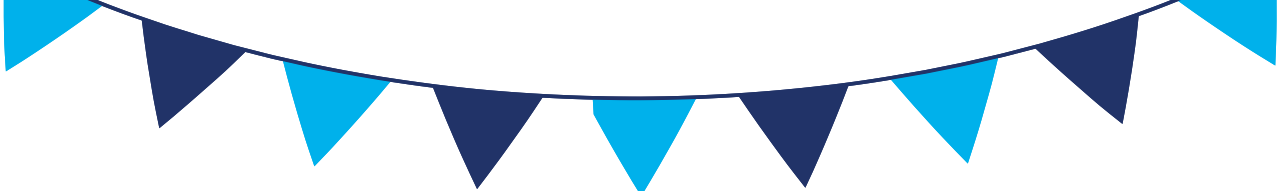
Camp Director, Atlantic D-Camps
Morgan.Tobin@diabetes.ca



Lauren Linklater

Senior Manager, National D-Camps
Lauren.Linklater@diabetes.ca





LAND ACKNOWLEDGMENT

We recognize that our work takes place on traditional Indigenous territories across Canada. We also wish to acknowledge that Camp Morton, hosted at Kejimikujik National Park, is located on the traditional Indigenous territory of the Mi'kmaq. Today, Kejimikujik National Park 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 Morton, Kejimikujik National Park, (July 5th-10th, 2026)

Diabetes Canada has operated Camp Morton since 1990, founded by Lorne Abramson and Dr. Bruce Morton as part of the “Diabetes without Borders” program for youth aged 13-15 living with type 1 diabetes.

Campers and staff reside in tents on the four reserved sites at The Group Campsite. There is a large grassy common area and a group campfire circle. The large shelter has two wood-burning stoves. On the outside of the shelter is a drinking water tap. Washroom facilities include flush toilets and hand washing basins, as well as several modern outhouses.

Start Date: Sunday, July 5, 2026 – *drop off time to be communicated closer to*

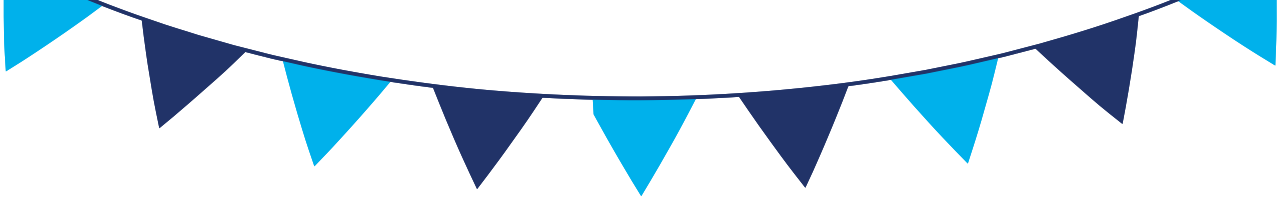
End Date: Friday, July 10, 2026 – 10:00 AM

Our campers are dropped off and signed into camp at The Group Campsite. Parents will have the opportunity to meet with the medical staff to discuss their children's stay at camp during this time.

Registration on opening day occurs at the Group shelter Sunday, July 5, 2026, **between 6:30-7:00 PM**. Please DO NOT ARRIVE BEFORE 6:30 PM, as we will still be preparing for campers to arrive. The gate will be locked until 6:30 pm. Please ensure your child has had supper prior to arrival at camp. **EARLY ARRIVALS WILL BE ASKED TO LEAVE UNTIL REGISTRATION TIME.**

Sign-in: Opening Day Sunday, July 5, 2026	Sign-out: Closing Day Friday, July 10, 2026
6:30 – 7:00 PM	10:00 AM





DIRECTIONS

From Halifax:

Follow NS-103 W toward Peggys Cove/South Shore/Yarmouth/Nova Scotia 3 Trunk/NS-333 for 95 km, then take exit 13 for NS-325 toward NS-331/Bridgewater/Baker Sett./Wileville. Turn right onto NS-325 N (signs for Caledonia/Baker Settlement/Kejimkujik) and continue for 25 km. Turn left when the road joins NS-208 W (signs for NS-8/Kejimkujik/Caledonia) then continue on NS-208 W until the road joins Route 8. Turn right onto Route 8, proceeding through Caledonia. Kejimkujik National Park main entrance will be on your left.

From Annapolis Valley:

Follow NS-101 W toward Annapolis Royal/Yarmouth, then take exit 22 for Nova Scotia 8 Trunk N toward Lequille/Annapolis Royal. Turn left onto Nova Scotia Trunk 8 S (signs for Nova Scotia Trunk 3/Maitland Bridge/Caledonia/Liverpool) proceeding to the community of Maitland Bridge. Kejimkujik National Park will be on your right.

From Yarmouth:

Follow NS-101 E towards Annapolis Royal/Kentville, then take exit 22 for Nova Scotia 8 Trunk N toward Lequille/Annapolis Royal. Turn left onto Nova Scotia Trunk 8 S (signs for Nova Scotia Trunk 3/Maitland Bridge/Caledonia/Liverpool) proceeding to the community of Maitland Bridge. Kejimkujik National Park will be on your right.

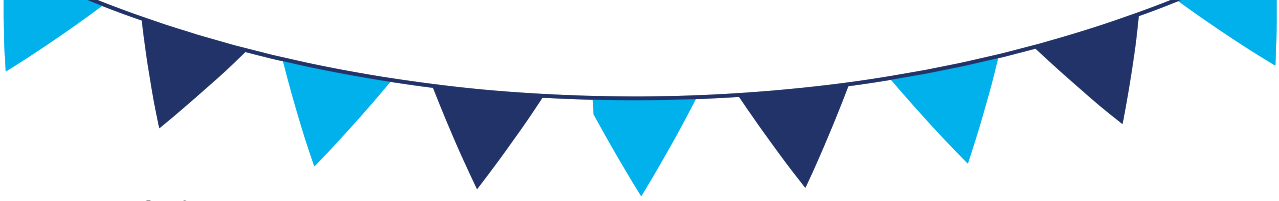
From Charlottetown:

Get on Trans-Canada Hwy/NB-2 E in Westmorland/ At the roundabout, take the 2nd exit onto Trans-Canada Hwy/PE-1 W/ At the roundabout, take the 1st exit and stay on Trans-Canada Hwy/PE-1 W/ At the roundabout, take the 2nd exit onto Trans-Canada Hwy/NB-16 W heading to Sackville/ Use the right lane to take the Trans Canada Highway/NB-2 E ramp to Nova Scotia/Nouvelle-Ecosse/ Follow Trans-Canada Hwy, NS-102 S and NS-103 W to NS-325 N in Lunenburg. Take exit 13 from NS-103 W/ Follow NS-325 N, NS-208 W and Nova Scotia Trunk 8 N to Kejimkujik Main Parkway in Annapolis, Subd. D/ Turn right onto NS-325 N (signs for Caledonia/Baker Settlement/Kejimkujik)/ Turn left onto NS-208 W (signs for NS-8/Kejimkujik/Caledonia)/ Turn right onto Nova Scotia Trunk 8 N (signs for Nova Scotia 8 Trunk N/Caledonia/Kejimkujik/Annapolls Royal)/ Turn left onto Kejimkujik Main Parkway

From Moncton:

Take Main St/NB-106 E to NB-15 E/ Follow Trans-Canada Hwy, NS-102 S and NS-103 W to NS-325 N in Lunenburg. Take exit 13 from NS-103 W/ Follow NS-325 N, NS-208 W and Nova Scotia Trunk 8 N to Kejimkujik Main Parkway in Annapolis, Subd. D/ Turn right onto NS-325 N (signs for Caledonia/Baker Settlement/Kejimkujik)/ Turn left onto NS-208 W (signs for NS-8/Kejimkujik/Caledonia)/ Turn right onto Nova Scotia Trunk 8 N (signs for Nova Scotia 8 Trunk N/Caledonia/Kejimkujik/Annapolls Royal)/ Turn left onto Kejimkujik Main Parkway





From Fredericton:

Get on NB-7 S from NB-102 S and Wilsey Rd/Follow Trans-Canada Hwy, NS-102 S and NS-103 W to NS-325 N in Lunenburg. Take exit 13 from NS-103 W/Follow NS-325 N, NS-208 W and Nova Scotia Trunk 8 N to Kejimikujik Main Parkway in Annapolis, Subd. D/ Turn right onto NS-325 N (signs for Caledonia/Baker Settlement/Kejimikujik)/ Turn left onto NS-208 W (signs for NS-8/Kejimikujik/Caledonia)/ Turn right onto Nova Scotia Trunk 8 N (signs for Nova Scotia 8 Trunk N/Caledonia/Kejimikujik/Annapolls Royal)/ Turn left onto Kejimikujik Main Parkway

Kejimikujik National Park; Group Camp Site:

Enter the Park and proceed to the first kiosk and tell them you are with Camp Morton Diabetes Camp. Proceed on Kejimikujik Main Parkway, and then turn right onto Jeremy's Bay Campground Road. Continue on this road, you will pass a second kiosk. Proceed through to the left of the kiosk. Do not stop. Once you arrive to the dirt road you will find the Group Camp Site. You will be greeted by a Camp Morton staff member and directed to the top of the hill.

Please note, Kejimikujik only allows 7 vehicles to the top of the campsite at a time.

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!



A great tip to packing for Camp Morton is to pack your items in a large plastic storage container. They are compact and great for keeping clothes free of morning dampness. Label EVERYTHING!



MEDICAL

- | | |
|--|--|
| ☐ Insulin
☐ Insulin Pens
☐ Pump Supplies in a labelled Ziploc-type bag
☐ Medication (in original packaging) | ☐ Pump batteries (AA/AAA) or charging cord
☐ 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 Morton 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 Morton will also supply emergency medical supplies, like glucagon

CLOTHING

- | | | |
|--|--|---|
| ☐ 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 (mandatory)
☐ water bottle (mandatory) | ☐ sunscreen SPF30 or greater (Mandatory) | ☐ swim shirt/rashguard
☐ sunglasses |
|---|---|--|

CAMP STUFF

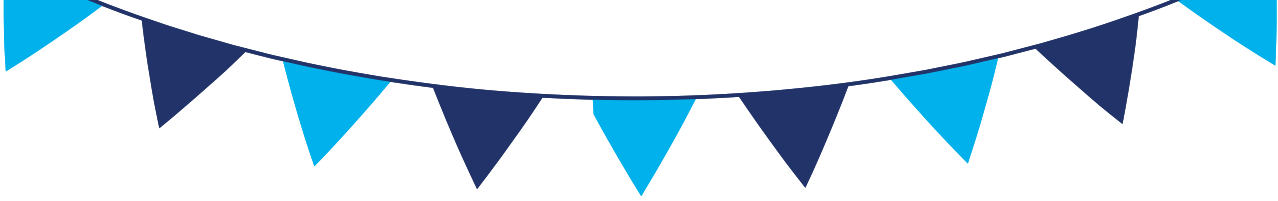
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|--|---|--|
| ☐ Air Mattress or Foam Camping Mattress
☐ Sleeping Bag pillow
☐ insect repellent (no aerosol spray please)
☐ toiletry kit (soap, facecloth, toothbrush, toothpaste, comb, deodorant, etc.)
☐ flashlight & extra batteries | ☐ 1-2 lightweight 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.
☐ One Set of Dishes in a mesh bag | OPTIONAL:
☐ Pen, paper, stamps (addressed and stamped envelopes/postcards are great!) |
|--|---|--|

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"> ✗ ANY non-medical electronics with the exception of digital camera ✗ Headphones ✗ Smartphones (unless being used as a Dexcom receiver – follow up required) ✗ Nightscout or similar devices |
|---|--|

Diabetes Canada is not responsible for lost or stolen items.





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!

CAMP ACTIVITIES

Campers will be exposed to a wide variety of activities. Campers will receive individual instruction from our staff members in order 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 of the camp activities, we emphasize creativity, imagination, and adventure while promising a safe fun-filled atmosphere for teenagers that encourages personal growth and the development of self-confidence. Campers will travel offsite to various beaches and hiking trails within Kejimikujik National Park, as they take in and learn more about the natural setting from both staff and park interpreters.

At camp, we do our best to promote cooperation rather than competition. If we do run an activity containing an element of competition, we focus on challenging campers to achieve their own goals (challenge by choice) rather than encouraging them to measure their success against those around them. Your camper will be able to participate in the following:



Skills:

The Skills Program is designed to let your camper focus on activities that they are interested in and work to improve their skills in a natural progression in those activities. At the beginning of the week, campers get to choose from three potential Skills. They are placed in either their first or second choice, which they return to for the next four days, working with instructors to build on skills that they learn the previous day. Skills offered in the past have included: Swimming, Canoeing, Outdoor Survival, Videography, Photography, and Gourmet Cooking

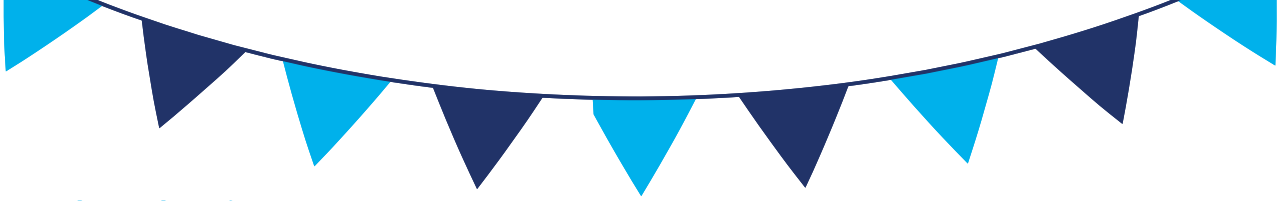
Swimming:

Campers will have the opportunity to experience lots of swimming at Keji's many beach facilities. Lifeguards will conduct a swim test at the beginning of the week to assess each campers swim level. All activities that take place in the water are led by trained staff and supervised by lifeguards.

Canoeing:

Campers will have the opportunity to canoe some of Keji's beautiful lakes. Paddle Canada certified instructors will conduct a canoe test at the beginning of the week to assess each campers level. All activities that take place in the water are led by trained staff and supervised by lifeguards.





Outdoor Education:

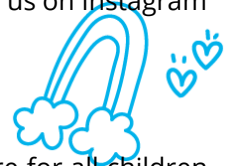
While Camp Morton is one long outdoor living experience, campers will have the opportunity to immerse themselves in nature while hiking, doing nature studies, orienteering and taking part in building campfires.

Evening Programs:

In the evening, all of Camp Morton comes together to take part in a Camp-Wide Program. This can be anything from a traditional campfire complete with songs, stories, and skits to an amazing and active game of capture the flag or ultimate Frisbee!

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 take over 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.

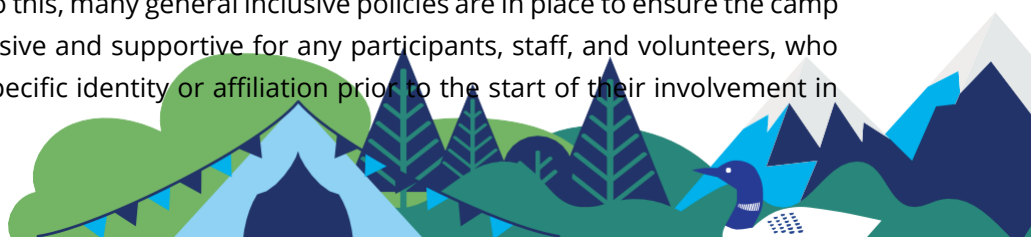


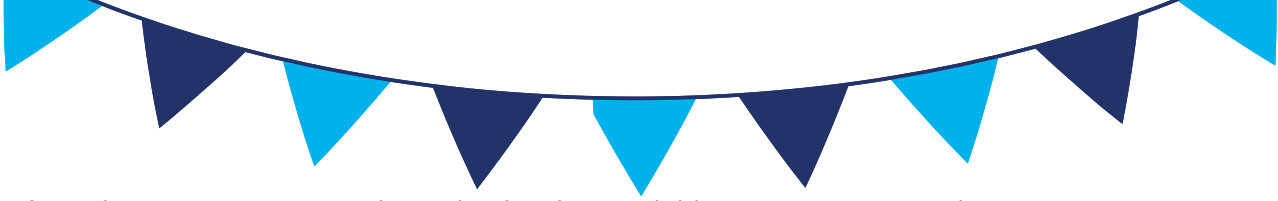
INCLUSION AT D-CAMPS

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.

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.



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.

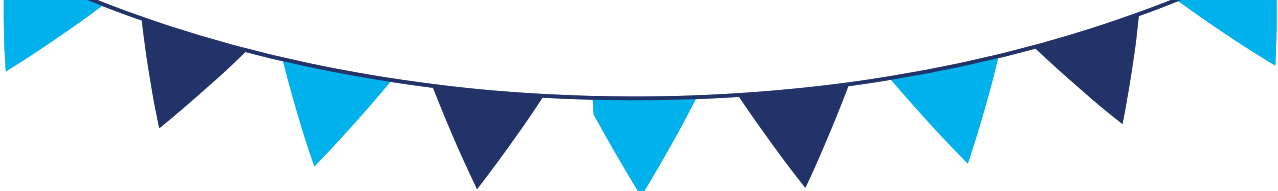
D-Camps medical staff and volunteers will continue to operate in compliance with Diabetes Canada Clinical Practice Guidelines (CPGs).



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 Morton 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

