

2019 LDP Camp Guide



**CAMP
LION MAXWELL**
DIABETES CANADA



**CAMP
MORTON**
DCAMPS



**DIABETES
CANADA**

DCAMPS

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A LETTER TO ALL LDP PARTICIPANTS AND FAMILIES

Dear LDPs and Families,

We are so excited that you will be joining us for our Maritime Leadership Development program (LDP) at Camp Morton and Lion Maxwell this summer.

The D-Camps LDP is a transitional period between being a camper and becoming a leader at camp, and beyond. Not only is the program designed to provide youth with the skills necessary to become an effective camp counsellor, it also aims to promote personal growth and development, and a greater sense of self-esteem. The emphasis in LDP is on the development of both leadership soft skills in areas such as communication, camper care, and team building as well as physical hard skills, such as canoeing, camping, archery, etc.

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:

- Packing List
- What to Expect as an LDP
- LDP Diabetes Management
- Camp Facility and Registration

From all of us at Diabetes Canada and Camp Lion Maxwell, we are very excited that you are joining the D-Camps family. If you have any questions or concerns, please contact us about camp at any time using the information below.

Sincerely,

The D-Camps Leadership Development Team



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PACKING LIST

Please label everything your participant brings to camp.

MEDICAL		
<input type="checkbox"/> Insulin <input type="checkbox"/> Insulin Pens & Pen tips or Syringes <input type="checkbox"/> Pump Supplies (labelled) <input type="checkbox"/> Other medications (must be in original containers, given to medical staff during registration)	<input type="checkbox"/> Extra Pump Battery <input type="checkbox"/> CGM (sensors, transmitter, receiver) – please read the D-Camps Guide to see how these tools work at camp.	
<p>Please pack enough medical/diabetes management supplies for the duration of the session. Camp Maxwell will supply lancets, blood glucose meters, testing strips, and ketone testing supplies. Camp Maxwell will also supply emergency medical supplies, like glucagon.</p>		
CLOTHING		
<input type="checkbox"/> Supply of underwear and socks for the session <input type="checkbox"/> 4 pairs of shorts <input type="checkbox"/> 4 pairs of pants/sweatpants <input type="checkbox"/> 9 t-shirts <input type="checkbox"/> 2 sets of pajamas	<input type="checkbox"/> 2 sweatshirts <input type="checkbox"/> 1-2 long-sleeve shirts <input type="checkbox"/> 2 pairs of shoes (one pair should be running shoes) <input type="checkbox"/> 1 pair athletic sandals	<input type="checkbox"/> 1 waterproof raincoat <input type="checkbox"/> 1 pair rubber boots <input type="checkbox"/> 2 swim suits (Athletic fit, no bikinis please) <input type="checkbox"/> Nice clothes for (<i>week 2 Maxwell banquet</i>)
SUN SAFETY		
<input type="checkbox"/> 1 hat with brim (mandatory) <input type="checkbox"/> Water bottle (mandatory)	<input type="checkbox"/> Sunscreen (minimum 30 SPF)	<input type="checkbox"/> UV Protective/Swim Shirt <input type="checkbox"/> Sunglasses
CAMP STUFF		
<input type="checkbox"/> Sleeping Bag & Pillow <input type="checkbox"/> Camp mat or single air mattress (<i>for Morton</i>) <input type="checkbox"/> Mesh bag with camp dishes/cutlery; fork, plate, cup etc. (<i>Week 1 Morton</i>) <input type="checkbox"/> Insect repellent <input type="checkbox"/> Toiletry Kit (soap, shampoo, facecloth, toothbrush, toothpaste, comb, deodorant, etc.)	<input type="checkbox"/> 2 lightweight towels (easy drying) <input type="checkbox"/> Backpack (for camera, rain gear, water bottle, notebook, etc.) <input type="checkbox"/> Camera (cell phones with camera are NOT acceptable) <input type="checkbox"/> Empty plastic bags for wet & dirty clothes <input type="checkbox"/> Flashlight/Headlamp	OPTIONAL <input type="checkbox"/> Pens and paper <input type="checkbox"/> Silly Costumes <input type="checkbox"/> Musical instruments <input type="checkbox"/> Games <input type="checkbox"/> Personal Alarm Clock
WHAT NOT TO BRING		
<input checked="" type="checkbox"/> Alcohol, non-prescription drugs, drugs not prescribed to the camper, tobacco products, electronic smoking devices <input checked="" type="checkbox"/> Knives, including camping or Swiss army knives <input checked="" type="checkbox"/> Valuable or precious items (i.e. jewellery) <input checked="" type="checkbox"/> Matches or lighters	<input checked="" type="checkbox"/> <u>ANY</u> non-medical electronics with the exception of digital camera <input checked="" type="checkbox"/> Smartphones (unless being used as a Dexcom G5 receiver – follow up required) <input checked="" type="checkbox"/> Nightscout or similar devices <input checked="" type="checkbox"/> Food	

Diabetes Canada is not responsible for lost or stolen items.



WHAT TO EXPECT AS AN LDP

LDPs will be exposed to a wide variety of activities, but in particular, will be undertaking a great experience in developing leadership skills and soft skills like trust, team building, problem-solving and conflict resolution. Participants will receive individual instruction from our staff members in order to help them develop new skills and allow them to take part in cabin group activities, and to participate in games and theme events that involve the entire camp. Though much of the LDP program is camp-based, the skills and ideas encountered are meant to be transitional into the home community as well.

Throughout **Week 1's Camp Morton Leadership session**, programming takes place away from the rest of camp, focusing on the personal development of the LDP group. All staff and participants will immerse themselves in the beautiful outdoor setting of Kejimikujik National Park, including sleeping in tents and outdoor cooking. This program involves elements of counselling and teaching, mixed with interactive and inquisitive learning. We may play demonstrative games or break off into groups, and then come back together to share something we've created. Each session will have a theme (initiative, problem solving, goal setting, counselling skills, conflict resolution, etc.) There are countless ways the group might work together to come to terms with a new understanding of that skill. LDPs are encouraged to use skill sessions to develop confidence within the group and connect better with each other to be a source of peer support in and outside of the camp setting.

A large part of **Week 2 Camp Lion Maxwell Leadership Program** involves shadowing counsellors and instructors. With the counsellor shadowing experience, LDPs will learn many skills to help with camper care, such as how to help campers missing home, situations involving bullying, and being a positive type 1 diabetes role model. The instructor shadowing experience will give the LDPs an introduction to camp programming, which includes our daily sessions (sports & games, arts, swimming, archery, canoeing etc.), electives, evening and night programs, and campfire. The LDPs will use the skills they've learned to plan and implement a campfire and an end-of-week party for the whole camp. The Leadership Directors will be giving the LDPs constructive feedback throughout the duration of the program so that they can work on improving their own personal leadership skills.

LDP DIABETES MANAGEMENT

Participant health is one of our key priorities for the LDP Program. Our team of Doctors, Diabetes Educators, Registered Nurses, and Registered Dietitians are dedicated to the wellbeing of your child. This includes helping your LDP to manage their diabetes independently, as well as looking after other medical needs. LDPs undergo the same regimen of blood glucose monitoring, careful carb-counting, and insulin delivery as the rest of camp, yet they will be in charge of their own day-to-day diabetes management. They will be required to log their daily diabetes management activity and check in with the Healthcare Team at least once a day to ensure they are following the proper diabetes management procedures.

We highly encourage our LDP participants to see their time at camp as a learning experience regardless of their diabetes management path. As part of their transition towards potential camp staff, role-modelling effective



diabetes management, promoting a positive attitude towards treatment in other campers, and maximizing their physician visits will all be important aspects of the LDP expectations.

CAMP FACILITY AND REGISTRATION



LEADERSHIP WEEK 1:

Camp Morton is hosted by Kejimikujik national park at the Jim Charles point group campsite. Please arrive on time at Jim Charles point; registration will begin July 7th at 2pm in the group shelter. Please do not arrive before 2:00pm, as we will be preparing for LDPs to arrive. Please ensure you have had lunch before arriving at camp. Please do not arrive to pick your LDP up at the end of the session week before 10:30am, unless previously arranged with the camp director.

DROP OFF

2:00PM, SUNDAY JULY 7TH

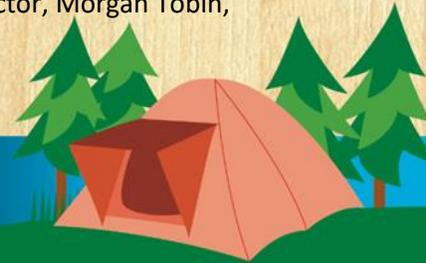
PICK UP

10:30AM FRIDAY JULY 12TH

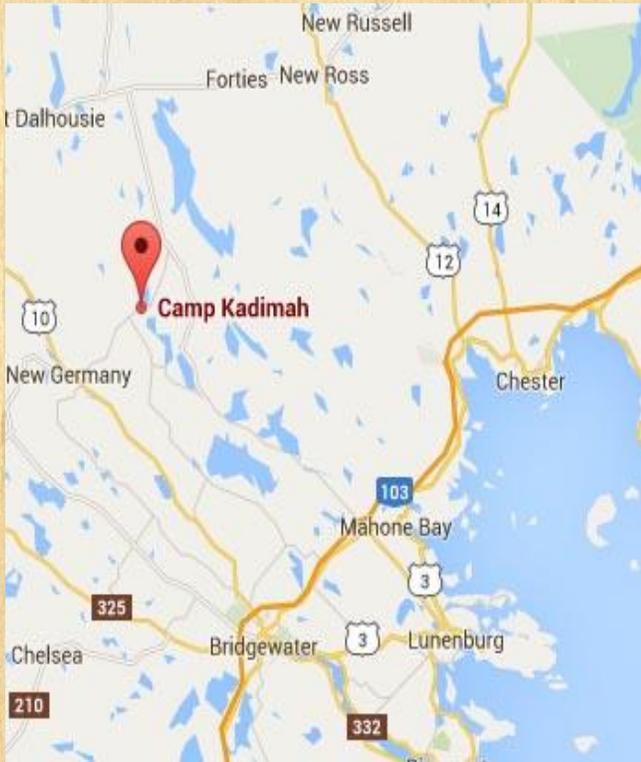
SECURITY PASS

As a security measure we will require the parent/guardian who is picking up your teen from camp to have the **SECURITY PASS** that was given to you during your registration. **Your teen will not be released without the appropriate security pass.**

If you wish to pick your teen up earlier, arrangements must be made with the Camp Director, Morgan Tobin, well before checkout



CAMP FACILITY & REGISTRATION



LEADERSHIP WEEK 2

Camp Lion Maxwell is held at the Camp Kadimah site located at 1681 Barss Corner Rd. in picturesque Lunenburg County, Nova Scotia.

LDPs should arrive Tuesday August 13th at 1:00pm. Please proceed in your car to Gate 5 and a staff member will be there to greet you. Please do not park on the shoulder of the road across the street from camp. Please do not arrive earlier than 1:00pm, as we will still be preparing for LDPs to arrive.

We ask all parents to be at camp for Sunday August 18th at 10:00am as we will be having a parent's morning and presentation for LDPs and their families. All LDPs will be allowed to checkout after the closing ceremony, but no one will be permitted to checkout during the ceremony. We ask that you do not arrive earlier than 10am, as we will still be cleaning and packing up.

DROP OFF

TUESDAY, AUGUST 13TH AT 1:00PM

PICK UP

SUNDAY, AUGUST 18TH AT 10:00AM

SECURITY PASS

As a security measure we will require the parent/guardian who is picking up your teen from camp to have the **SECURITY PASS** that was given to you during your registration. **Your teen will not be released without the appropriate security pass.**

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