

# 2020 CAMP GUIDE



**CAMP  
KORNDER**  
DIABETES CANADA



**DIABETES  
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# A Letter to Campers & Families

Dear Camper and Family,

We are so excited that you will be joining us at Camp Kornder (formerly Saskatchewan Children's Camp) in our 63<sup>rd</sup> year of operation. Camp Kornder is proud to be hosted by Quest at Christopher Lake, north of Prince Albert, in the heart of the prairies. Quest is located on the beautiful shores of Christopher Lake.

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:

- Packing Lists
- Directions and Transportation for Drop Off and Pick Up
- Contact Information & Refund/Cancellation Policy

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

Sincerely,

Lara and Grant



**Lara Abramson**

General Manager, Camp & Youth Programs



**Grant Fulford**

Camp Director, Western Canada

# 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.

## MEDICAL – PLEASE SEPARATE IN 3 LARGE AND LABELLED ZIPLOC BAGS PRIOR TO DROP-OFF AT CAMP (1 x DIABETES SUPPLIES, 1 x NON-DIABETES RELATED MEDICATION, 1 x TOILETRIES, SUNSCREEN, INSECT REPELLENT)

<input type="checkbox"/> Insulin (enough for the entire session)	<input type="checkbox"/> Pump batteries
<input type="checkbox"/> Insulin Pens	<input type="checkbox"/> CGM (sensors, transmitter, receiver) – please connect with the Camp Director to learn how these tools work at camp
<input type="checkbox"/> Pump Supplies (labelled)	
<input type="checkbox"/> Other medications (must be in original containers)	

You know your camper best. Please pack enough medical/diabetes management supplies for the duration of the session. Camp Kornder 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 for the first and last day of the session. Camp Kornder will also supply emergency medical supplies, like glucagon.

## CLOTHING

<input type="checkbox"/> 5 pairs of socks	<input type="checkbox"/> 3 sweatshirts	<input type="checkbox"/> 1 pair of flip flops (for showers)
<input type="checkbox"/> Supply of underwear for the session	<input type="checkbox"/> 1-2 long-sleeve shirts	<input type="checkbox"/> 1 waterproof rain jacket and pants
<input type="checkbox"/> 3 pairs of shorts	<input type="checkbox"/> 1 pair of athletic sandals	<input type="checkbox"/> 1 pair rubber boots
<input type="checkbox"/> 3 pairs of pants/sweatpants	<input type="checkbox"/> 2 pairs of closed-toe shoes (one pair should be running shoes)	<input type="checkbox"/> 2 swim suits (no tie up bikinis please)
<input type="checkbox"/> 6 t-shirts		<input type="checkbox"/> 2 sets pajamas

## SUN SAFETY

<input type="checkbox"/> 1 hat with brim (mandatory; baseball caps work great!)	<input type="checkbox"/> Sunscreen (minimum 30 SPF)	<input type="checkbox"/> Sunglasses
<input type="checkbox"/> Water bottle (mandatory)		

## CAMP STUFF

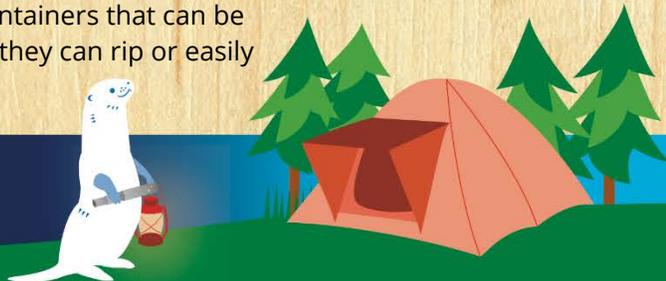
<input type="checkbox"/> Sleeping Bag	<input type="checkbox"/> 2 lightweight towels (easy drying for swimming and showers)	<b>OPTIONAL</b> <input type="checkbox"/> Pen, paper, stamps (addressed & stamped envelopes/postcards) <input type="checkbox"/> Books to read <input type="checkbox"/>
<input type="checkbox"/> Additional sheets/blankets (optional)	<input type="checkbox"/> Daypack (for camera, rain gear, water bottle, etc)	
<input type="checkbox"/> Pillow	<input type="checkbox"/> Camera (cell phones with camera are NOT acceptable)	
<input type="checkbox"/> Insect repellent	<input type="checkbox"/> Empty large plastic bags for wet & dirty clothes to come home in	
<input type="checkbox"/> Toiletry Kit (soap, shampoo, facecloth, toothbrush, toothpaste, comb, deodorant, etc)		
<input type="checkbox"/> Flashlight/headlamp		

## WHAT NOT TO BRING

<ul style="list-style-type: none"> <li>× Alcohol, Non-prescription drugs, drugs not prescribed to the camper (Over the counter medications will be provided by camp) Tobacco products, or any electronic smoking devices</li> <li>× Weapons, Knives, including camping or Swiss army knives</li> <li>× Valuable or precious items (i.e. jewellery)</li> </ul>	<ul style="list-style-type: none"> <li>× Food</li> <li>× Matches or lighters</li> <li>× <u>ANY</u> non-medical electronics apart from digital camera</li> <li>× Smartphones (unless being used as a Dexcom G5 or G6 receiver – <b>follow up required</b>)</li> <li>× Nightscout or similar devices</li> </ul>
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Diabetes Canada is not responsible for lost or stolen items.

We recommend packing belongings in suitcases/luggage or storage containers that can be identified by your camper. We suggest avoiding large garbage bags as they can rip or easily be mixed up during transport!



# DIRECTIONS & TRANSPORTATION

## Parent/ Guardian Drop off and Pick up

Our campers are dropped off and signed into camp at The Quest at Christopher Lake. Parents have the opportunity to meet with the medical staff to discuss their child's stay at camp during this time. Parents drop off participants either at 1pm or 2pm; please check the times below as there is only a limited amount of parking at the camp facility. On the last day of camp, parents should arrive at 10am to pick up their children. **Directions to camp can be found [here](#).**

### Address:

The Quest at Christopher Lake  
SK-953, Christopher Lake, SK S0J 0N0

### Sign-in: Opening Day

Sunday, August 9, 2020

- 1pm: All Female Campers
- 2pm: All Male Campers

### Sign-out: Closing Day

Friday, August 14, 2020

- 10am: All Campers



# CAMP ACTIVITIES

Campers will be exposed to a wide variety of activities and experiences. They will receive individual instruction to develop new skills, take part in cabin group activities, and participate in games and theme events involving the entire camp. In everything we do at Camp Kornder, we emphasize creativity, imagination, and adventure, in a safe, fun-filled atmosphere designed to encourage growth and the development of self-confidence. Your camper will be able to participate in the following:

## Land Based Challenges

There is always something happening on land at Camp Kornder! At any time, you might find campers enjoying the climbing wall, or various sports!

## Swimming and Waterfront

Campers will have the opportunity to experience many activities on Christopher Lake at Camp Kornder! Activities include: tubing, canoeing, swimming, water trampoline and beach exploring! All activities that take place in the water are led by trained staff and supervised by lifeguards.

## Creative Arts

Campers can spend time focusing on low energy arts based programs like drama games, arts and crafts, and talent shows.

## Evening Programs

Every night at Camp Kornder, the whole camp community comes together to take part in activities like Capture the Pump, skit nights and talent shows. Twice a week, everyone at camp will gather around a campfire where we sing songs, see skits and reflect on our time at camp. These campfires are a highlight of the camp experience for many. Make sure to ask your camper about their favourite song. You might even get to hear it on the trip home!





## MAIL & CARE PACKAGES

Everyone enjoys receiving mail, so please write! Mail will be picked up a few times a week and delivered to your camper. Send letters prior to or during the first few days of camp to ensure delivery. Letters that do not arrive until after the session has ended will be returned to sender. Any food, beverage, electronic devices, etc. received in care packages will be confiscated for the duration of camp.

The camp address is:

**Camper's Name and Session**  
**Camp Kornder**  
**c/o 1351 28<sup>th</sup> St**  
**Prince Albert, SK S6V 6T4**

## CANCELLATION/REFUND POLICY

Camp fees (less deposit) are fully refundable. Notification of cancellation **is required in writing or via email** and must be received by the **Camp Registrar** no later than four weeks prior to the camp start date to qualify for a refund. Cancellation requests made later will be considered on a case by case basis. Please note that cancellations must be made directly through the Camp Registrar and cannot be made through area branch offices or other Diabetes Canada staff. Families who do not cancel will still be required to pay the balance of their camp fees.

If you decide to cancel your camp registration or send in paper version of forms please contact:

**Diabetes Canada**

[camps@diabetes.ca](mailto:camps@diabetes.ca) or **1.800.226.8464**

## CONTACT INFORMATION

If you have questions about the **Kakhamela Summer Family Camp program or will be arriving late to Camp**, please contact:

Grant Fulford

Camp Director, Western Canada

Cell: 403.478.9182

[grant.fulford@diabetes.ca](mailto:grant.fulford@diabetes.ca)

