2027

CAMP JEAN NELSON

D-CAMPS



DIABETES CANADA | D-CAMPS

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

dc_dcamps | DC.dcamps

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 Jean Nelson this summer. Camp Jean Nelson is proud to be hosted by KCC Camp Kindle in the picturesque foothills of the Rockies, near Water Valley.

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

Sincerely,



Cale Allen
Camp Director, West D-Camps
Cale.Allen@diabetes.ca



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

DIRECTIONS, TRANSPORTATION, AND DATES

Option A: Parent/Guardian Drop-off and Pick Up

Most of our campers are dropped off and signed into camp at Camp Kindle. Families can meet with the medical staff to discuss their camper's stay at camp during this time. Families can drop off campers at the times listed below, please check the times below as there is only a limited amount of parking at the camp facility. On the last day of camp, families should arrive at 10am to pick up their children. Please note, dogs are not permitted on site. Directions to camp can be found HERE.

Session	Sign-in: Opening Day	Sign-out: Closing Day
Week 1 (ages 7 – 15)	Monday, July 26, 2027 1:30pm: Participant last name A – L 2:00pm: Participant last name M – Z	Saturday, July 31,2027 10:00am: All participants
Week 2 (ages 7 – 15)	Monday, August 2, 2027 1:30pm: Participant last name A – L 2:00pm: Participant last name M – Z	Saturday, August 7, 2027 10:00am: All participants
LDP 1 & 2 (ages 16 – 17)	Monday, July 26, 2027 2:00pm: All participants	Saturday, August 7. 2027 10:00am: All participants

Option B: Camper Bus

Camp Jean Nelson will offer return transportation from Edmonton, and Red Deer, to our camp facility in Water Valley, AB. This option must be selected through your online account. Pickup and drop-off times for this bus option are below. Note: These times and locations are tentative and subject to change.

	Sign-in: Opening Day July 26 or August 2	**Sign-out: Closing Day** July 31 or August 7
Red Deer 6839 66 St, Red Deer, AB T4P 3T5	2:20pm Red Deer Best Western Plus	10:45am Red Deer Best Western Plus
Edmonton 4235 Gateway Blvd NW, Edmonton, AB T6J 5H2	12:30pm Sawridge Inn Edmonton	12:30pm Sawridge Inn Edmonton

Transportation options are selected in your registration forms.



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.

MEDICAL

- ☐ Insulin (enough for the entire session)
- ☐ Insulin Pens
- ☐ Pump Supplies (labelled) – sites, reservoirs, etc
- ☐ Other medications (must be in original containers)
- ☐ 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 Jean Nelson 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 Jean Nelson will also supply emergency medical supplies, like glucagon.

CLOTHING

- ☐ 7 pairs of socks
- ☐ Supply of underwear for the session
- ☐ 3 pairs of shorts
- ☐ 2 pairs of pants/sweatpants
- ☐ 6 t-shirts
- ☐ 3 sweatshirts
- ☐ 2-3 long-sleeve shirts
- ☐ Flip flops or sandals
- ☐ 2 pairs of closed-toe shoes (one pair should be running shoes)
- ☐ 1 pair athletic sandals
- ☐ 1 waterproof rain suit
- ☐ 1 pair rubber boots
- ☐ 2 swimsuits (no tie up bikinis please)
- ☐ 2 sets pajamas

SUN SAFETY

- ☐ 1 hat with brim
- ☐ Water bottle
- ☐ Sunscreen
- ☐ Sunglasses

CAMP STUFF

- ☐ Sleeping Bag
- ☐ Additional sheets/blankets – single size (optional)
- ☐ Pillow
- ☐ Insect repellent
- ☐ Toiletry Kit (soap, shampoo, facecloth, toothbrush, toothpaste, comb, deodorant, etc)
- ☐ Flashlight/headlamp
- ☐ 2 lightweight towels (easy drying for swimming and showers)
- ☐ Daypack (for camera, rain gear, water bottle, etc)
- ☐ Camera (cell phones with camera are NOT acceptable)
- ☐ Empty large plastic bags for wet & dirty clothes to come home in

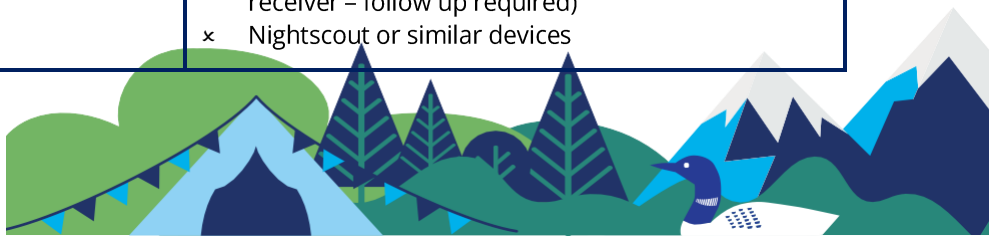
OPTIONAL

- ☐ Pen, paper, stamps (addressed & stamped envelopes/postcards)
- ☐ Red and blue t-shirts for Capture the Pump!
- ☐ Acoustic musical instruments

WHAT NOT TO BRING

- × Alcohol, non-prescription drugs, drugs not prescribed to the camper, tobacco products, electronic smoking devices
- × Knives, including camping or Swiss army knives
- × Valuable or precious items (i.e. jewelry)
- × Matches or lighters
- × Food or snacks
- × ANY non-medical electronics except for 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.



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!

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 Jean Nelson, 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 any time, you might find campers enjoying the initiatives course, high ropes course (for youth 12 years and up), climbing wall, various sports, archery and so much more.

Swimming

Campers will have the opportunity to experience Camp Kindle's new outdoor pool facility. Lifeguards will conduct a swim test at the beginning of each session to assess each campers swim level. 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 arts-based programs like drama games, arts and crafts, and talent shows.

Outdoor Living Skills

While at camp, your camper will have the opportunity to immerse themselves in nature through hiking, fire building, shelter building, orienteering and taking part in campfires.

Evening Programs

Each night, the whole camp community comes together to take part in activities such as capture the flag. Twice a week everyone at camp comes to campfire where we sing songs, see skits and reflect on our time at camp. These campfires are a highlight of camp. Make sure to ask your camper about their favourite song. You might even get to hear it on the trip home!

TYPICAL DAY SCHEDULE

7:00 AM	Rise & Shine!
7:30 AM	Checking & Insulin
8:00 AM	Breakfast
9:00 AM	Cabin Clean Up
9:15 AM	Cabin Activity Rotations
10:45 AM	Cabin Activity Rotations
11:45 AM	Checking & Insulin
12:15 PM	Lunch
1:15 PM	ZAP!
2:15 PM	Cabin Activity Rotations
3:30 PM	Afternoon Snack
3:45 PM	Freebies
4:45 PM	Checking & Insulin
5:15 PM	Dinner
6:15 PM	Reflections
6:30 PM	Flagpole
7:00 PM	Evening Program
8:00 PM	Checking & Insulin
8:30 PM	Bedtime Snack
9:00 PM	Flush & Brush

SERVING DIVERSE CAMPERS

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, 2027 – Full refund of all fees less a **$25 cancellation fee** (per program).

MARCH 1 - MAY 31, 2027 -Full refund of all fees less a **$100 cancellation fee** (per camper).

AFTER JUNE 1, 2027 – 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 Jean Nelson program or will be arriving late to Camp, please contact Cale Allen Camp Director, Western Canada at Cale.allen@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