2027

# CAMP JEAN NELSON

D-CAMPS



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# A LETTER TO CAMP PARTICIPANTS AND FAMILIES

Dear Jean Nelson Families,

We are so excited that you will be joining us at Jean Nelson Family Camp. Diabetes Canada is committed you become more familiar with our programs and allow you to prepare for your camp experience. Please take a few minutes to review the information contained in this package.

We have a series of programs planned this year and we can't wait to share it with you. You'll get to try some amazing activities, meet new friends, develop new skills, and learn more about diabetes. Before you start packing your suitcase, please read our D-Camps Family Camp Guide and this Information Package. It is full of important information that will prepare you to have the best camp experience possible. Some of the important information included in this package is:

- Dates and Locations
- Healthcare at Camp
- Camp Activities
- Meals and Accommodations
- Suggested Packing list
- Electronics and Pet Policy
- Serving Diverse Campers
- Cancellation and Refund Policy

From all of us at Diabetes Canada, and Jean Nelson, we are excited that you are joining the D-Camps family. If you have any questions or concerns, do not hesitate to contact us at any time.

Sincerely,

The D-Camps Team



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# JEAN NELSON FAMILY CAMP

Our family camp provides a unique seasonal setting and is focused on providing connection, support and community to families living with type 1 diabetes. At Family Camp, we provide these opportunities for anyone in your child's care-giving community. That could be grandparents, extended family or close friends. If there are additional people involved in the care of your child with type 1 diabetes, they are welcome to attend.

Family Camp brings people together in a way that just doesn't happen in any other setting. Family Camp is a fantastic introduction or connection to the D-Camps experience. You and your family will get the opportunity to take part in camp programming in a community of people who understand the day-to-day challenges of living with type 1 diabetes.

Family Camp is a great fit for you if:

- You have a recently diagnosed child and are looking to connect with people who understand.
- You have years of experience and could be a valuable support to others.
- Someone in your family lives with type 1 diabetes and you want to have a fun D- Camps experience!



# DATES AND LOCATION

Our Jean Nelson Family Camps is located at Camp Kindle in Water Valley, Alberta. Camp is accessible by personal participant vehicle. You will not be allowed to bring recreational vehicles for personal accommodations while on site. Please plan to arrive and depart at the listed times below. Additionally, if you plan to be late, please contact the Camp Director or Manager. Please note that Camp Kindle has very little cell service on site and you may need to plan accordingly.

## Arrival

Friday, May 21, 2027, between 7 – 7:30pm
*dinner will not be served on Friday night, but there will be a light evening snack.

## Departure

Monday, May 24, 2027 @ 11:00am

## Directions

Family Camp is located at Camp Kindle, approximately 45 minutes north of Cochrane. Once on highway 22, continue until you reach 579 and turn west (left from Cochrane, right from Cremona or Sundre). Then continue this road for approximately 10 minutes. Camp Kindle is located on the right-hand side of the road.
Please plan to arrive no earlier than 7:00pm on Friday, and to be out of your cabins no later than 11:00am on Monday. Please click here for directions from Google Maps.



## HEALTHCARE AT CAMP

Your family's continuing good health is important to us. Registered Nurses and a Registered Dietitian will be available throughout Family Camp for consultation however, **parents and guardians are responsible for the diabetes management in their family throughout the camp program.**

For most children, camp provides much more physical activity than usual and therefore changes in blood glucose levels should be expected. In case of emergencies, camp staff members are certified in Standard First Aid and CPR-C. Remember that one of the best ways for your family to stay healthy is for each person to wash their hands before every meal and not to share food or drinks.

Please ensure that you have also packed adequate supplies of any other non-diabetes medications with you for your Family Camp session. While we do have extra diabetes supplies available, some items are limited. A fridge will always be available, typically in the main dining hall, for insulin storage during the program. We always encourage our child participants living with diabetes to have their glucometers on them/available during activities.

D-Camps staff members are always available and happy to carry any items for you, or you can also bring along a small daypack for these items as we move through the busy days!

## WHAT TO EXPECT AT FAMILY CAMP



Over the course of your Family Camp experience, adults and children will have the opportunity to participate in a wide variety of activities and experiences. In everything we do at Family Camp, we emphasize creativity, skill development, and relationship-building in a safe, fun-filled atmosphere designed to encourage growth, learning, and the development of self-confidence.

Throughout your time, much of the camp program will be divided into three streams. One stream will be for children and youth, the second stream will be for adults, parents, and caregivers, and the last stream is for families as a whole!

### Family Activities

Archery, Art, Static Course, Low Ropes, High Ropes Elements, Outdoor Living Skills, Nature Hikes, Land Sports, Field Games

### Adult Seminars (Determined by availability of speakers)

Our Adult seminars will be confirmed and e-mailed to you with the program schedules closer to the start dates once speakers have been confirmed.

### Evening Program

Every night at Family Camp, the whole camp community comes together to take part in activities like capture the flag, campfires, camp-wide games and many other themed activities.

## MEALS AND ACCOMMODATIONS

The accommodation is in dorm style lodges. There are two sets of bunk beds in each room with shared washroom facilities. Families will have their own bedroom spaces but will share washroom and shower facilities. The dorms are heated; however, bedding is not provided – be sure to bring enough for the weekend!

Camp Kindle prepares three nutritious meals, which have been reviewed by our dietitian, as well as snacks each day. All meals are served family style, and families are encouraged to sit with each other. Carb counts will be available for all meals. Additionally, low supplies will be provided. If you anticipate your children needing additional snacks outside of what we provide, please refrain from using the low supplies and feel empowered to pack nut-free snacks for them.

Plenty of food is provided for families over the course of the weekend. We encourage families to avoid packing lots of extra food for the weekend, as it should not be needed. However, if you feel it is necessary to pack some extra food, we ask that it is packed in a sealed Rubbermaid container and stored securely in your accommodations. Please dispose of food wrappers and packaging in main dining area only.



The Kindle team will wash dishes, clean the washrooms and other common areas throughout your stay. Staff and volunteers from Diabetes Canada will be available throughout to assist you as well.

### Food, Nutrition, and Allergy Policy

For our camps, we aim to offer a healthy, balanced diet throughout your time at camp. The Dietitians and kitchen staff work hard to ensure that meals and snacks are nutritionally balanced, carb counted, as well as delicious and satisfying. We understand that some participants have dietary restrictions or concerns. At D-Camps, in support of our rental facilities, we try to accommodate most dietary needs to the best of our ability.

### Nut Allergies

Jean Nelson is a nut free camp. We do not allow or serve foods/snacks that “contain” nuts and greatly monitor our products that say “may contain” or “made in a facility”. We have found that over the years that products that were once free of nuts have now changed their labeling to “made in a facility”. We do not have peanut butter on-site or other nut products and use soy butter as an alternative where appropriate. Some of our food items may be manufactured in a “nut containing facility”, and we cannot guarantee that our food is delivered in a nut-free vehicle. Our food service provider is also committed to being an “allergy-aware” space.

### Celiac/Gluten-Free

We do our best to accommodate gluten sensitivity and allergies. We offer gluten free (GF) substitutes at each meal and snack. We take steps to reduce cross-contamination; however, we cannot guarantee this due to limited cooking facilities at camp. We have a designated GF toaster, wash surfaces between use and keep GF foods separate from gluten-containing foods when storing, refrigerating, and serving. Where possible we serve certified gluten free food.

### Vegetarian/Vegan

If you or your camper requires a vegetarian/vegan diet, non-meat options are available at every meal. This must be indicated on camp forms to ensure the kitchen prepares enough of the vegetarian/vegan food.

### Other (Kosher, Halal, Other Dietary Needs)

Other dietary concerns may be accommodated upon request. Please indicate dietary concerns on intake forms. We will work with you and your camper to ensure the best possible eating experience while at camp!

## PACKING LIST

Please see the following page for a suggested packing list. However, you know your family better than anyone so please consider the list included as a guideline to help in your preparations!

### Medical

- Insulin, pens/syringes or pump supplies
- CGM/FGM supplies
- Meters and strips
- Other medications (must be in original container)



### Camp Stuff

- Sleeping bag (or sheets/blankets)
  - If bringing sheets make sure, they are for a single bed
- Pillow
- Flashlight & extra batteries
- Insect repellent
- Toiletry kit (soap, facecloth, toothbrush, toothpaste, comb, deodorant, etc.)
- 1-2 lightweight towels (easy drying for showers)
- Books to read
- Camera (digital, or disposable)
- Daypack
- Sunscreen (for all seasons)

### Clothing

- 4 pairs of socks
- 3 pairs of underwear
- 2 pairs of pants/sweatpants
- 2 – 3 t-shirts
- 2 sweatshirts/long-sleeve shirts
- Waterproof rain jacket

- Rubber boots
- 2 pairs of shoes
- Sandals
- Pajamas
- 2 pairs of shorts/lightweight pants

**Bedding**

Beds with mattresses are provided, however sheets, pillows, blankets, and sleeping bags are not. Please be sure that you have enough bedding for your family, appropriate for the season with the possibility of cool nights. All beds will be single sized so please bring appropriate bedding.

Please do not bring any of the following items with you for the weekend:

- Alcohol, cannabis, Non-prescription drugs, drugs not prescribed to the camper, Tobacco products, or any electronic smoking devices
- Weapons, Knives, including camping or Swiss army knives
- Valuable or precious items (i.e. jewelry)

**Diabetes Canada is not responsible for lost or stolen items.**

## ELECTRONICS POLICY

Participants are welcome to bring electronic devices to Family Camp. We do ask that if you choose to use your cell phone, please step away from the group to not disturb the other participants. As well, there are many apps, websites and programs that participants can use to help manage their diabetes, and we encourage participants to share their favourite apps with others.



Please note there is no cell service on site. We expect that all participants will use electronics responsibly, behave in a way that is respectful to others, and ask others' permission before sharing any information, photos or videos online. Additionally, there is wifi access in the main dining hall building for those who may need access.

## PET POLICY

Due to the immunocompromised population that Camp Kindle serves, pets including service animals are unfortunately not allowed on site. Please contact the Camp Coordinator if you have any questions.

## SERVING DIVERSE PARTICIPANTS

At Diabetes Canada and D-Camps, we believe that our camps 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 to all our participants, we ask that families complete registration forms as fully and truthfully as possible. The more we know about our participants, the better we can support their needs.

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

## 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 specific questions about the Jean Nelson Family Camp program or will be arriving late to Camp, please contact: Cale Allen, Camp Director at cale.allen@diabetes.ca