

2027



**CAMP
HURONDA**
D-CAMPS



**DIABETES
CANADA**

D-CAMPS

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

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A LETTER TO NEW AND RETURNING FAMILIES



Dear Ontario D-Camps Families,

We are so excited that you will be joining us at an Ontario Family Camp. Diabetes Canada is committed to providing the best possible camp experience for your family. This package has been designed to help 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. But 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:

- Health Care at Camp
- Dates and Locations
- What to Expect at Family Camp
- Meals and Accommodations
- Packing Lists
- Camp Clothing Sales
- Electronics Policy
- Pet Policy
- Cancellation/Refund Policy
- Contact Information

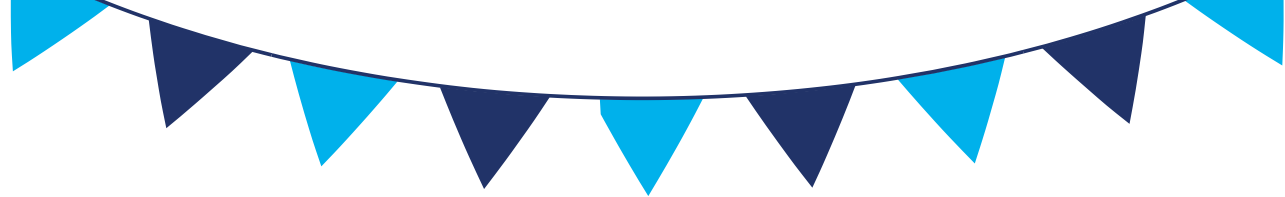
From all of us at Diabetes Canada, Camp Discovery, and Camp Huronda, we are excited that you are joining the D-Camps family. If you have any questions or concerns, do not hesitate to contact us at any time.

Sincerely,
The D-Camps Team



Ashley Aubin
Camp Director
Ashley.Aubin@diabetes.ca





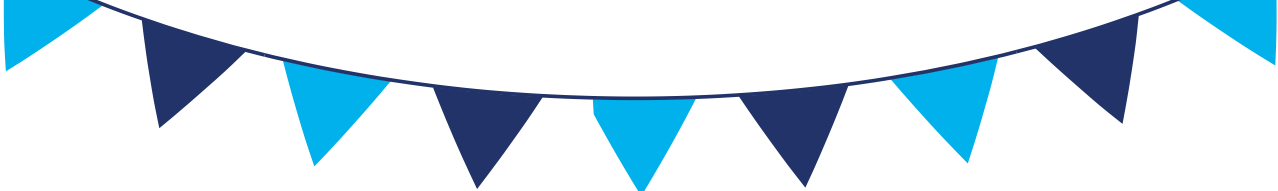
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LAND ACKNOWLEDGEMENT

We gather with gratitude as guests on the ancestral lands and waters surrounding Lake Waseosa. We recognize that Camp Huronda is situated on the traditional territory of Robinson-Huron Treaty 61 of 1850, and serves as the traditional territory of several First Nations communities including the Mississauga, and Ashinabewaki. We are committed to protecting this land and showing our respect to the forests, lakes, and all inhabitants.

We will act on this commitment by teaching our campers the importance of this care. Through this learning, we aim to transform our respect into lasting, informed action for this place and all its inhabitants. We pledge to learn more about the deep history and enduring presence of the Indigenous peoples who have stewarded this land before us.





ONTARIO FAMILY CAMPS

D-Camps Ontario operates four family camps annually within Ontario. Each 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 grand-parents, 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!

Our Family Camps can be a great introduction to the D-Camps program and community, especially if you are considering our summer camp program in the near future. Meet our staff, experience the programming and facilities all while having fun and making connections.

ALUMNI WEEKEND CAMP

Camp Huronda is excited to offer an Alumni/Friends of Camp Huronda camp program in June. This program is specifically for past Camp Huronda campers and staff (who are now 19 years of age or older and no longer attending or working at Camp Huronda) and their families to reunite for a weekend at camp.



Families from any generation of Camp Huronda's history are welcome and encouraged to attend. Any of your family members, including partners, or children who may or may not be living with diabetes, are welcome to join you! The weekend will be full of some of your favourite camp activities from your childhood as well as some of our new program activities like our static course and high ropes. And, of course, there will be plenty of time to relax and reminisce with fellow alumni on the shores of Lake Waseosa.

Cabin mate requests can still be made if you are attending solo or with a few of your camp friends or friends from outside of camp you are looking forward to share the camp magic with!



ONTARIO FAMILY CAMP DATES AND LOCATIONS

Our three Ontario Family Camps dates and locations are listed below. Transportation is by personal participant vehicle only. Please plan to arrive and depart at the listed times below. Additionally, if you plan to be late, please contact the Camp Coordinator or Manager.

Date	Host Facility	Location
Huronda Alumni Camp June 11 th (2:30 arrival) – June 13 th (1:30 departure), 2027	Camp Huronda Huntsville, Ontario	1252 South Waseosa Lake Road Huntsville, ON P1H 2N5 Google Map Here
Ontario Spring Family Camp June 18 th (3:30 pm arrival) – June 20 th (1:30pm departure*), 2027	Camp Huronda Huntsville, Ontario	1252 South Waseosa Lake Road Huntsville, ON P1H 2N5 Google Map Here
Ontario Summer Family Camp August 30 th (3:30 pm arrival) – September 2 nd (1:30pm departure), 2027	Camp Huronda Huntsville, Ontario	1252 South Waseosa Lake Road Huntsville, ON P1H 2N5 Google Map Here

Travelling to Camp Huronda from Toronto:

- Take HWY 400 North
- Follow sign to HWY 11 Orillia/North Bay
- Continue for 117km to Huntsville
- Exit at Muskoka Road 2/Huntsville/Ravenscliffe
- Turn left, over the bridge, and follow Ravenscliffe for 5.3km
- Veer right onto South Waseosa Lake Road with sign posted (Camp Huronda 6)
- You will see a big Camp Huronda sign with a staff member to direct you

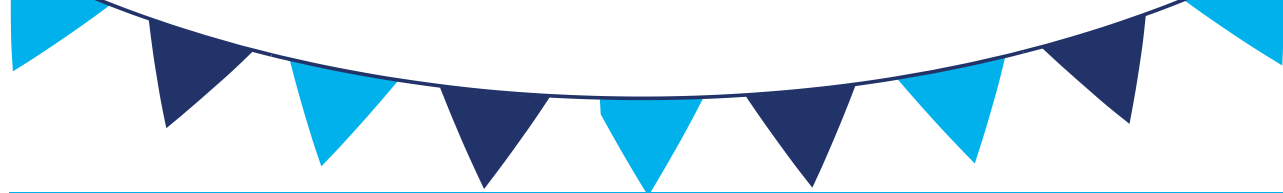


WHAT TO EXPECT AT FAMILY CAMP

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 Camp Activities	Archery, Art, Canoeing & Kayaking, Music, Static Course, Low Ropes, High Ropes Elements, Mountain Biking, Outdoor Living Skills, Pottery, Swimming, Nature Hikes, Land Sports, Field Games
Adult Seminar Topic (Based on Speaker Availability)	Discussion Groups, Team Building, Carb Counting, Diabetes 101, Financial Planning and Living with Diabetes, Athletics and Diabetes, Question and Answer Periods, Self-Care, Insulin Pump Therapy, Diabetes Technology
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

Accommodations will vary. Please submit any requests for accommodations well in advance to your Camp Coordinator.

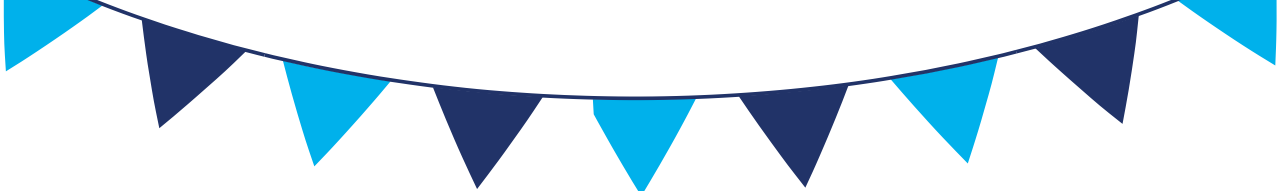
Those attending our Family Camp Programs can expect individual cabins and/or rooms for each family. As the Huronda site has a variety of cabin styles, some families will have a private cabin to themselves while some may share more of a lodge style accommodation with shared washroom facilities.

Laundry facilities are available if needed as well. Should you need to wash anything during your program, please let a D-Camps staff member know and they are happy to help you out.

All Ontario Family Camps provide 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 (juice and Dex4). Staff also wash the dishes and clean the washrooms and other common areas. Staff and volunteers from Diabetes Canada will be available throughout your stay to assist you as well.

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 is locked in your vehicle. Please dispose of food wrappers and packaging in main dining area only. All of our sites are nut-free facilities that discourage participants bringing outside food.





FOOD, NUTRITION, AND ALLERGY POLICY

For all our Ontario Family Camp Programming, 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 with our rental facilities, we try to accommodate most dietary needs to the best of our ability. For programs held at Camp Huronda, please see the information below.

Nut Allergies

Camp Huronda is a nut sensitive 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 for 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

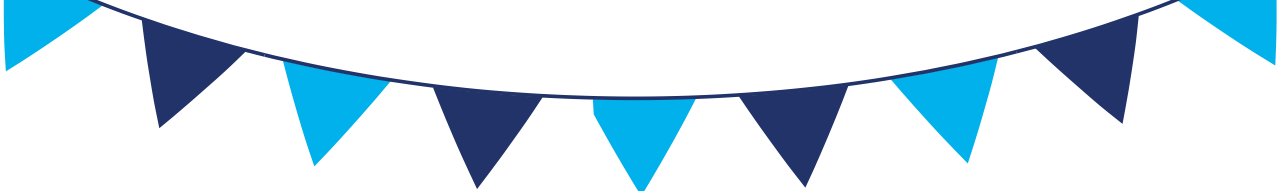
If you or your camper requires a vegetarian/vegan diet, non-meat options are available at every meal. This must be indicated on camp forms to ensure the kitchen prepares enough of the vegetarian/vegan food.

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!

We understand some families may wish to pack their own snacks or low supplies and treatments for their time at camp. We ask you to respect our nut policy outlined above and do not bring any nut products or products that may contain nuts for the safety of our entire camp community. Additionally, if you wish to bring your own food, we encourage you to store in an animal safe bin, such as a sealed plastic container.





SUGGESTED PACKING LIST

Please see below for a suggested packing list. However, you know your family better than anyone so please use 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
- ☐ Daypack
- ☐ Sunscreen (for all seasons)
- ☐ Water bottle

General Clothing

- ☐ 3 pairs of socks
- ☐ 3 pairs of underwear
- ☐ 1 pair of pants/sweatpants
- ☐ 2 – 3 t-shirts
- ☐ 2 sweatshirts/long-sleeve shirts
- ☐ Waterproof rain jacket
- ☐ Rubber boots
- ☐ 2 pairs of shoes
- ☐ Sandals
- ☐ Pajamas

Warm Weather Clothing

- ☐ 1-2 swimsuits
- ☐ 2 pairs of shorts/lightweight pants
- ☐ Rash guard or UV-protective shirt

Optional*

- ☐ Acoustic instruments
- ☐ Bicycle helmet
- ☐ Lifejacket/PFD
- ☐ Climbing harness

*D-Camps will provide all activity required equipment, however, if you wish to bring your own you are welcome. All equipment must be inspected prior to use.

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

- × Knives – including pocket knives
- × Alcohol
- × Non-prescription drugs or drugs not prescribed to the participants
- × Food items that contain nuts or may contain traces of nuts

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.

Most beds will be single sized so please bring appropriate bedding.



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 to 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 able we are to 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 prevents a child from experiencing a traditional overnight summer camp experience. D-Camps follows Pride Camping Association's best practices that are directed toward any 2SLGBTQ+-identified youth and those from 2SLGBTQ+ 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.

All participants and families are welcome to speak to the Camp Director if any accommodation is 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 or require any additional support accommodations, please contact our Camp Manager or Camp Director to discuss the support we can provide. Inclusion profiles are available for families to complete through camps@diabetes.ca to ensure we can provide the most supportive and inclusive experience for all participants.



HEALTH CARE 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 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 day-pack for these items on busy days!



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 so as 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!

We cannot guarantee that there will be cell service on site, nor can we guarantee that

each family cabin will have access to a charging plug (although there will be plugs available in the main buildings). We expect that all participants will use electronics responsibly, behave in a way that is respectful to others, and ask other's 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

No pets, except for certified service animals, are permitted at camp. Please contact the Camp Coordinator if you have any questions.



CANCELLATION/REFUND POLICY

ON/BEFORE 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).

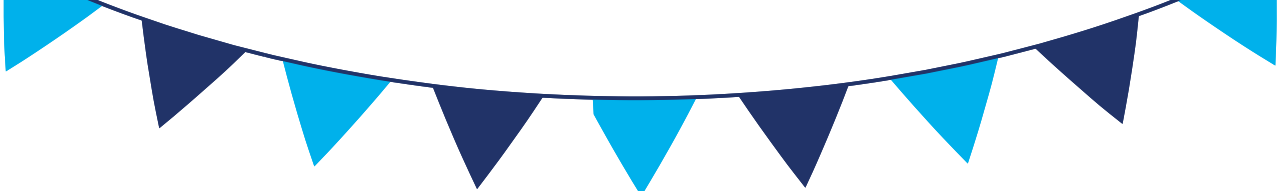
AFTER JUNE 1, 2027 – All fees are non-refundable.

Notification of cancellation is required in writing or via email and must be received by the D-Camps 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 Huronda program or will be arriving late to Camp, please contact Ashley Aubin, Camp Director, at Ashley.aubin@diabetes.ca

During the camp season, emails can also be sent to camphuronda@diabetes.ca for the purpose of camper mail. Please note this inbox is not monitored outside of summer. The office line for Camp Huronda is 705-789-7153. Please note this line is only monitored late May – early September.

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

CAMP HURONDA OPEN HOUSE

New to camp? Interested in checking out the site before the summer?

We invite all new and returning participants to come and join us on Sunday, June 20, 2027, for a great day at Camp Huronda. From 11 am to 4pm we will open our doors, provide tours, and have various activity areas open for you to try. This is a great opportunity to come spend some time at camp, participate in fun activities, and see the site if you have never visited before. Additionally, anyone who is interested in volunteering for the day to help us keep Camp Huronda beautiful is welcome to join us. There will be small volunteer projects around camp available for people to help support. Please note, Camp Huronda is happy to sign off on volunteer hours for any high school students. Open House will happen rain or shine and there will be a by donation BBQ lunch! The BBQ lunch will have gluten free and vegetarian options available as well.

Folks may register for this FREE event closer to through a RSVP link! While more details will be shared closer to, you can also check out the D-Camps Facebook & Instagram and communications through Diabetes Canada throughout the spring for further information. Hope to see you there, all are welcome!

