2027

CAMP KAKHAMELA

D-CAMPS



DIABETES CANADA | D-CAMPS

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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 Kakhamela this summer. It is hosted at the beautiful YMCA Camp Elphinstone on the Sunshine Coast.

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

Sincerely,



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DIRECTIONS, TRANSPORTATION, AND DATES

Option A: Horseshoe Bay Ferry Terminal

Most of our campers are dropped off and signed into camp at Horseshoe Bay Ferry Terminal. A representative from Camp Kakhamela will be signing-in campers and introducing them to their counselors. This will be happening outside at the passenger pick up/drop off area near the ticket booths. If you depart from Nanaimo (Departure Bay) on the earliest ferry, you will make it in time for sign-in.

Session	Sign-in: Opening Day	Sign-out: Closing Day
Week 1 (ages 7 – 15)	Sunday, July 4th, 2027 7:30am	Friday, July 9th, 2027 3:00pm
Week 2 (ages 7 – 15)	Sunday, July 11th, 2027 7:30am	Friday, July 16th, 2027 3:00pm
LDP 1 & 2 (ages 16 – 17)	Sunday, July 4th, 2027 7:30am	Friday, July 16th, 2027 3:00pm

Option B: Parent/Guardian drop-off and pick-up at Camp Elphinstone

For parents who wish to take their children directly to YMCA Elphinstone, please note the following:

- **Drop off:** Please do not arrive before 11:00 AM on opening day as there will not be anyone to sign you and your camper in prior to this. Please Park at the welcome centre, however, there is limited parking available here and you may be asked to use the nearby parking lot instead.
- **Pick up:** Your camper will be ready to be picked up on closing day at 11:00 AM. If your camper is not picked up from camp by 1:00 PM they will be brought with the rest of the campers to the Horseshoe Bay Ferry Terminal.
- Directions to YMCA Camp Elphinstone can be found here.



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 Kakhamela 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 Kakhamela 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

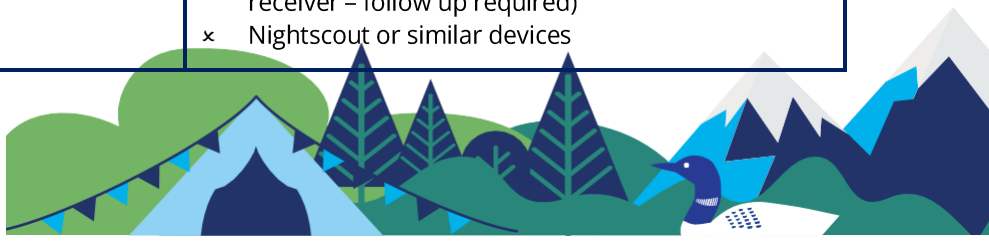
OPTIONAL

- ☐ 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!

Luggage Protocol:

PLEASE NOTE: it is essential that you have complied with the YMCA's bed bug protocol. All items which cannot be heated must be packed separately in clear plastic bags. Once luggage is handed to staff at check in, campers will not have access to it until after it has gone through the bed bug heating process.

YMCA Camp Elphinstone has implemented this procedure for all camper and staff luggage. With the widespread issue of bed bugs in the lower mainland, Camp Elphinstone has built a heat treatment room to ensure prevention of bed bugs. All bags will pass through this space before campers move into their cabins. This heat treatment, similar to a sauna, will heat camper luggage to ensure that any bedbugs and eggs will be killed prior to moving into cabins. This will eliminate any concerns of bed bugs spreading to camp cabins, or back to your home.

To allow for bags to be heated, we will need you to ensure that all items that should not be heated are separated from the rest of your child's luggage. This is essential for the efficiency of the drop-off procedure. We ask that you separate these items into three clear plastic bags, labeled with your child's name:

1. One bag for insulin and diabetes supplies. This includes insulin, pump supplies (reservoirs, infusion sets, inserters, batteries, skin preps/removers, and coverings), pens, meters, strips.
2. One bag for other medications (if necessary). This includes prescription medications other than those which are diabetes related, as well as over the counter medications such as ibuprofen and acetaminophen.
3. One bag for toiletries and other sensitive personal items. This includes photographs, cosmetics, shampoos/soaps, toothpaste, cameras, and aerosols

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 Kakhamela, 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 high ropes course, climbing wall, various sports, archery and the legendary Ga-Ga Ball (make sure to ask your camper about it when they get home!)

Swimming and Waterfront

Campers will have the opportunity to try many waterfront activities at camp. Activities include canoeing, swimming, stand-up paddle boarding, fishing 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 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!	3:30 PM	Afternoon Snack
7:30 AM	Checking & Insulin	3:45 PM	Freebies
8:00 AM	Breakfast	4:45 PM	Checking & Insulin
9:00 AM	Cabin Clean Up	5:15 PM	Dinner
9:15 AM	Cabin Activity Rotations	6:15 PM	Reflections
10:45 AM	Cabin Activity Rotations	6:30 PM	Flagpole
11:45 AM	Checking & Insulin	7:00 PM	Evening Program
12:15 PM	Lunch	8:00 PM	Checking & Insulin
1:15 PM	ZAP!	8:30 PM	Bedtime Snack
2:15 PM	Cabin Activity Rotations	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.



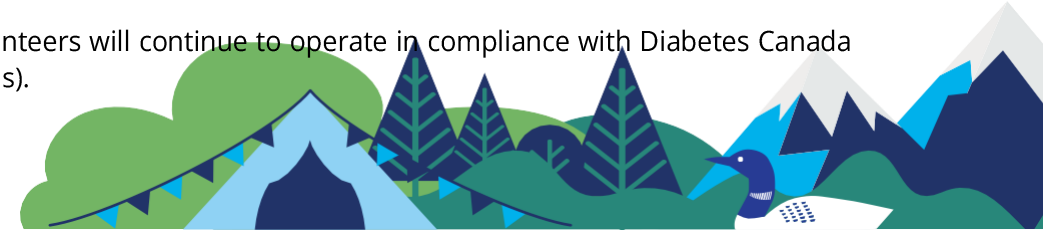
MAILING AND CARE PACKAGES

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 for 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 Kakhamela 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