

# 2024 CAMP GUIDE



**CAMP  
MORTON  
D CAMPS**



**DIABETES  
CANADA**

**D CAMPS**

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# A Letter to New and Returning Camp Families

Dear D-Camps Families, Campers, and Guardians,

We are very excited that you will be joining us for our 16<sup>th</sup> year of operation. This summer, you will have the opportunity to meet new friends, try exciting activities, and learn more about diabetes management.

We have a fantastic 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, develop new skills and learn more about diabetes. We hope that by the end of your time at camp, you will be more confident than ever before, have a greater appreciation for the outdoors, and have a better understanding of how to manage your own 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 List
- Session Dates
- Directions and Transportation
- Camp Activities
- Serving Diverse Campers
- Mail and Care Packages
- Communication Home
- Continuous Glucose Monitors

From all of us at Diabetes Canada and Camp Morton, we are excited that you are joining the D-Camps family. If you have any questions or concerns please contact Morgan directly about camp at any time.



Lauren Linklater  
Senior Manager, D-Camps  
226-378-7854



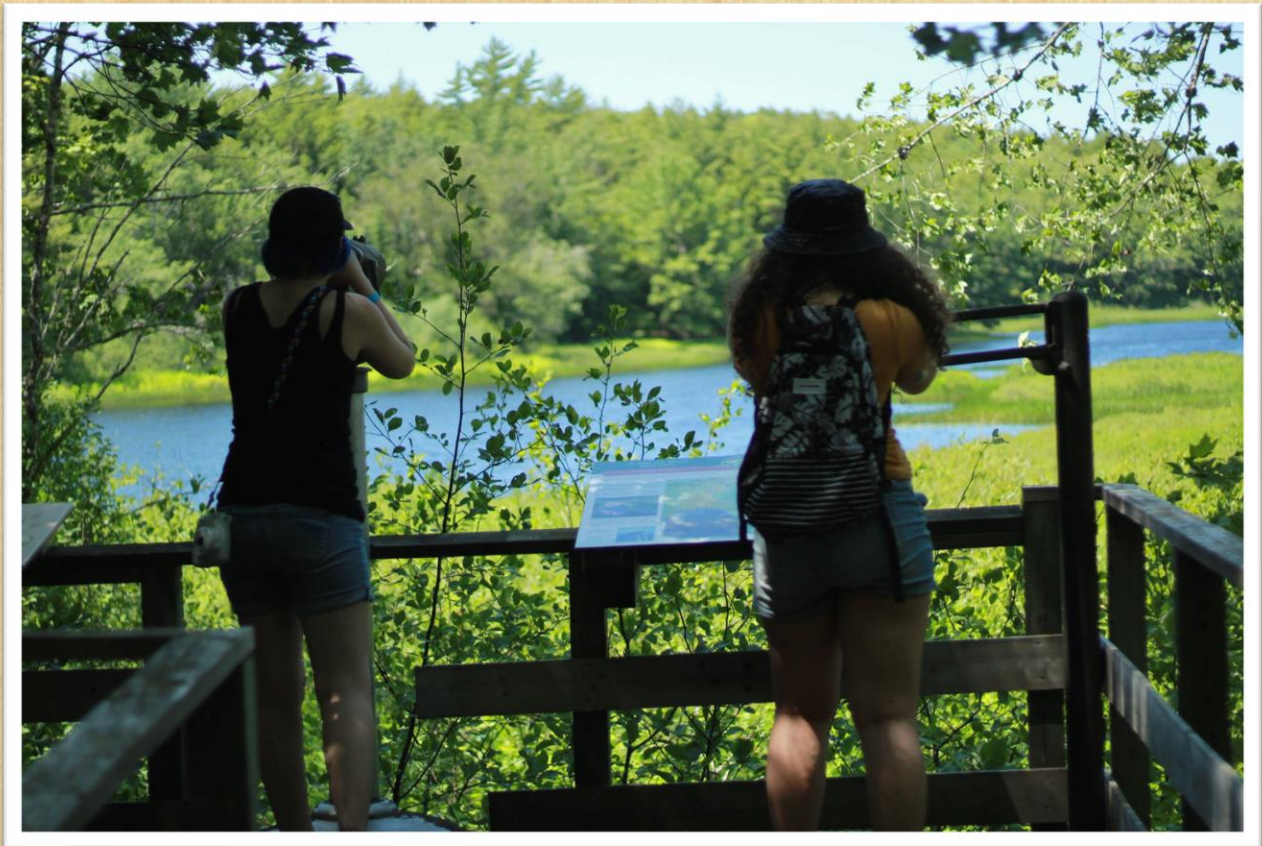
Morgan Tobin  
Camp Director, Eastern Canada



## Land Acknowledgment

We recognize that our work takes place on traditional Indigenous territories across Canada. We also wish to acknowledge that Camp Morton, hosted at Kejimikujik National Park, is located on the traditional Indigenous territory of the Mi'kmaq. Today, Kejimikujik National Park is still home to many Indigenous people, and we are grateful to have the opportunity to meet and work on this territory. We wish to express gratitude for the resources on this land we are using, and honour all the First Nation, Métis, and Inuit people who have been living on the land since time immemorial.

Diabetes Canada knows that land acknowledgement is only a first step in the essential act of reconciliation and relationship building with Indigenous peoples.



DIABETES  
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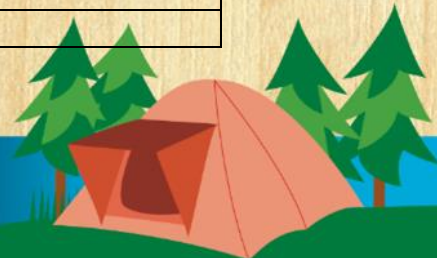
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## SUGGESTED PACKING LIST

<b>MEDICAL</b>		
<input type="checkbox"/> Insulin <input type="checkbox"/> Insulin Pens <input type="checkbox"/> Pump Supplies in a labelled Ziploc-type bag	<input type="checkbox"/> Pump batteries (AA/AAA) or charging cord <input type="checkbox"/> 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 Morton 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 Morton will also supply emergency medical supplies, like glucagon		
<b>CLOTHING</b>		
<input type="checkbox"/> 6 pairs of socks <input type="checkbox"/> supply of underwear for the session <input type="checkbox"/> 2-3 pairs of shorts <input type="checkbox"/> 1-2 pairs of pants/sweatpants <input type="checkbox"/> 6 t-shirts	<input type="checkbox"/> 1-2 sweatshirts/long-sleeve shirts <input type="checkbox"/> flip flops or sandals <input type="checkbox"/> 2 pairs of shoes: one pair should be running shoes for overnight trips	<input type="checkbox"/> 1 pair athletic sandals <input type="checkbox"/> 1 waterproof rain suit <input type="checkbox"/> 1 pair of rubber boots <input type="checkbox"/> 2 swim suits ( <u>sport-style swim suits only</u> ) <input type="checkbox"/> 1-2 sets pajamas
<b>SUN SAFETY</b>		
<input type="checkbox"/> 1 hat with brim (mandatory) <input type="checkbox"/> water bottle (mandatory)	<input type="checkbox"/> sunscreen SPF30 or greater (Mandatory)	<input type="checkbox"/> swim shirt/rashguard <input type="checkbox"/> sunglasses
<b>CAMP STUFF</b>		
<input type="checkbox"/> Air Mattress or Foam Camping Mattress <input type="checkbox"/> Sleeping Bag pillow <input type="checkbox"/> insect repellent (no aerosol spray please) <input type="checkbox"/> toiletry kit (soap, facecloth, toothbrush, toothpaste, comb, deodorant, etc.) <input type="checkbox"/> flashlight & extra batteries	<input type="checkbox"/> 1-2 lightweight towels <input type="checkbox"/> day pack (for camera, rain gear, etc.) <input type="checkbox"/> camera (cell phones with cameras are NOT acceptable) <input type="checkbox"/> empty large plastic bags for wet & dirty clothes to come home in. <input type="checkbox"/> One Set of Dishes in a mesh bag	<b>OPTIONAL:</b> <input type="checkbox"/> pen, paper, stamps (addressed and stamped envelopes/postcards are great!)
<b>WHAT NOT TO BRING</b>		
<ul style="list-style-type: none"> <li>✗ Alcohol, non-prescriptions drugs, drugs not prescribed to the camper, tobacco products, electronic smoking devices</li> <li>✗ Knives, including camping or Swiss army knives</li> <li>✗ Valuable or precious items</li> <li>✗ Matches or lighters</li> <li>✗ Food</li> </ul>	<ul style="list-style-type: none"> <li>✗ ANY non-medical electronics with the exception of digital camera</li> <li>✗ Headphones</li> <li>✗ Smartphones (unless being used as a Dexcom receiver – follow up required)</li> <li>✗ Nightscout or similar devices</li> </ul>	
<b>Diabetes Canada is not responsible for lost or stolen items</b>		



A **great tip** to packing for Camp Morton is to pack your items in a **large plastic storage container**. They are compact and great for keeping clothes free of morning **dampness**. Label EVERYTHING!

## Dates and Registration

### Camp Morton, Kejimikujik National Park, (July 7<sup>th</sup>-12<sup>th</sup>, 2024)

Diabetes Canada has operated Camp Morton since 1990, founded by Lorne Abramson and Dr. Bruce Morton as part of the “Diabetes without Borders” program for youth aged 13-15 living with type 1 diabetes.

Campers and staff reside in tents on the four reserved sites at The Group Campsite. There is a large grassy common area and a group campfire circle. The large shelter has two wood-burning stoves. On the outside of the shelter is a drinking water tap. Washroom facilities include flush toilets and hand washing basins, as well as several modern outhouses.

**Start Date:** Sunday, July 7, 2024 – 6:30 PM

**End Date:** Friday, July 12, 2024 – 10:00 AM

When and where do I register?

**Drop Off:** Registration on opening day occurs at the **Group shelter Sunday, July 7<sup>th</sup> 2024 between 6:30-7:00 PM**, which is located on **The Group Camp Site at Kejimikujik National Park**. **Please DO NOT ARRIVE BEFORE 6:30 PM**, as we will still be preparing for campers to arrive. The gate will be locked until 6:30 pm. Please ensure your child has had supper prior to arrival at camp. **EARLY ARRIVALS WILL BE ASKED TO LEAVE UNTIL REGISTRATION TIME.**

When do I pick up my child?

Camp checkout is **Friday, July 12<sup>th</sup> at 10:00 AM**. We ask that you **do not arrive earlier than 10:00 AM**, as we will still be cleaning up and taking down the site. **EARLY ARRIVALS WILL BE ASKED TO LEAVE UNTIL CHECK OUT TIME.**



(A group of campers sit around Camp Morton campfire circle and learn about fire building)



# DIRECTIONS & TRANSPORTATION

## From Halifax:

Follow NS-103 W toward Peggys Cove/South Shore/Yarmouth/Nova Scotia 3 Trunk/NS-333 for 95 km, then take exit 13 for NS-325 toward NS-331/Bridgewater/Baker Sett./Wileville. Turn right onto NS-325 N (signs for Caledonia/Baker Settlement/Kejimkujik) and continue for 25 km. Turn left when the road joins NS-208 W (signs for NS-8/Kejimkujik/Caledonia) then continue on NS-208 W until the road joins Route 8. Turn right onto Route 8, proceeding through Caledonia. Kejimkujik National Park main entrance will be on your left.

## From Annapolis Valley:

Follow NS-101 W toward Annapolis Royal/Yarmouth, then take exit 22 for Nova Scotia 8 Trunk N toward Lequille/Annapolis Royal. Turn left onto Nova Scotia Trunk 8 S (signs for Nova Scotia Trunk 3/Maitland Bridge/Caledonia/Liverpool) proceeding to the community of Maitland Bridge. Kejimkujik National Park will be on your right.

## From Yarmouth:

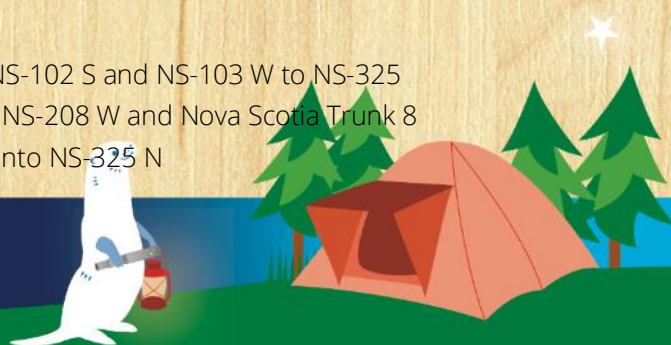
Follow NS-101 E towards Annapolis Royal/Kentville, then take exit 22 for Nova Scotia 8 Trunk N toward Lequille/Annapolis Royal. Turn left onto Nova Scotia Trunk 8 S (signs for Nova Scotia Trunk 3/Maitland Bridge/Caledonia/Liverpool) proceeding to the community of Maitland Bridge. Kejimkujik National Park will be on your right.

## From Charlottetown:

Get on Trans-Canada Hwy/NB-2 E in Westmorland/ At the roundabout, take the 2nd exit onto Trans-Canada Hwy/PE-1 W/ At the roundabout, take the 1st exit and stay on Trans-Canada Hwy/PE-1 W/ At the roundabout, take the 2nd exit onto Trans-Canada Hwy/NB-16 W heading to Sackville/ Use the right lane to take the Trans Canada Highway/NB-2 E ramp to Nova Scotia/Nouvelle-Ecosse/ Follow Trans-Canada Hwy, NS-102 S and NS-103 W to NS-325 N in Lunenburg. Take exit 13 from NS-103 W/ Follow NS-325 N, NS-208 W and Nova Scotia Trunk 8 N to Kejimkujik Main Parkway in Annapolis, Subd. D/ Turn right onto NS-325 N (signs for Caledonia/Baker Settlement/Kejimkujik)/ Turn left onto NS-208 W (signs for NS-8/Kejimkujik/Caledonia)/ Turn right onto Nova Scotia Trunk 8 N (signs for Nova Scotia 8 Trunk N/Caledonia/Kejimkujik/Annapolls Royal)/ Turn left onto Kejimkujik Main Parkway

## From Moncton:

Take Main St/NB-106 E to NB-15 E/ Follow Trans-Canada Hwy, NS-102 S and NS-103 W to NS-325 N in Lunenburg. Take exit 13 from NS-103 W/ Follow NS-325 N, NS-208 W and Nova Scotia Trunk 8 N to Kejimkujik Main Parkway in Annapolis, Subd. D/ Turn right onto NS-325 N



(signs for Caledonia/Baker Settlement/Kejimkujik)/ Turn left onto NS-208 W (signs for NS-8/Kejimkujik/Caledonia)/ Turn right onto Nova Scotia Trunk 8 N (signs for Nova Scotia 8 Trunk N/Caledonia/Kejimkujik/Annapolls Royal)/ Turn left onto Kejimkujik Main Parkway

### **From Fredericton:**

Get on NB-7 S from NB-102 S and Wilsey Rd/Follow Trans-Canada Hwy, NS-102 S and NS-103 W to NS-325 N in Lunenburg. Take exit 13 from NS-103 W/Follow NS-325 N, NS-208 W and Nova Scotia Trunk 8 N to Kejimkujik Main Parkway in Annapolis, Subd. D/ Turn right onto NS-325 N (signs for Caledonia/Baker Settlement/Kejimkujik)/ Turn left onto NS-208 W (signs for NS-8/Kejimkujik/Caledonia)/ Turn right onto Nova Scotia Trunk 8 N (signs for Nova Scotia 8 Trunk N/Caledonia/Kejimkujik/Annapolls Royal)/ Turn left onto Kejimkujik Main Parkway

### **Kejimkujik National Park; Group Camp Site:**

Enter the Park and proceed to the first kiosk and tell them you are with Camp Morton Diabetes Camp. Proceed on Kejimkujik Main Parkway, and then turn right onto Jeremy's Bay Campground Road. Continue on this road, you will pass a second kiosk. Proceed through to the left of the kiosk. Do not stop. Once you arrive to the dirt road you will find the Group Camp Site. You will be greeted by a Camp Morton staff member and directed to the top of the hill.



# Camp Activities

Campers will be exposed to a wide variety of activities. Campers will receive individual instruction from our staff members in order to help them develop new skills.

Additionally, campers will take part in group activities and participate in games and themed events that involve the entire camp.

Through all of the camp activities, we emphasize creativity, imagination, and adventure while promising a safe fun-filled atmosphere for teenagers that encourages personal growth and the development of self-confidence. Campers will travel offsite to various beaches and hiking trails within Kejimikujik National Park, as they take in and learn more about the natural setting from both staff and park interpreters.



At camp, we do our best to promote cooperation rather than competition. If we do run an activity containing an element of competition, we focus on challenging campers to achieve their own goals (challenge by choice) rather than encouraging them to measure their success against those around them.

## Skills:

The Skills Program is designed to let your camper focus on activities that they are interested in and work to improve their skills in a natural progression in those activities. At the beginning of the week, campers get to choose from three potential Skills. They are placed in either their first or second choice, which they return to for the next four days, working with instructors to build on skills that they learn the previous day. Skills offered in the past have included: Swimming, Canoeing, Outdoor Survival, Videography, Photography, and Gourmet Cooking

## Swimming:

Campers will have the opportunity to experience lots of swimming at Keji's many beach facilities. Lifeguards will conduct a swim test at the beginning of the week to assess each campers swim level. All activities that take place in the water are led by trained staff and supervised by lifeguards.

## Canoeing:

Campers will have the opportunity to canoe some of Keji's beautiful lakes. Paddle Canada certified instructors will conduct a canoe test at the beginning of the week to assess each campers level. All activities that take place in the water are led by trained staff and supervised by lifeguards.





## Outdoor Education:

While Camp Morton is one long outdoor living experience, campers will have the opportunity to immerse themselves in nature while hiking, doing nature studies, orienteering and taking part in building campfires.

## Evening Programs:

In the evening, all of Camp Morton comes together to take part in a Camp-Wide Program. This can be anything from a traditional campfire complete with songs, stories, and skits to an amazing and active game of capture the flag or ultimate Frisbee!

## 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 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 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. 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.

## Continuous Glucose Monitors:

With the progression of diabetes treatment tools and technology, we welcome continuous glucose monitoring (CGM) devices and technologies which are approved by Health Canada at D-Camps. ***Devices and systems that are yet to be approved by Health Canada cannot be used at D-Camps.*** We recognize that some of our participants will be using CGM/FGM technology in their diabetes management and that this provides them with comfort and routine.

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.

Medical use for monitoring and treatment of CGMs is up to the discretion of the camps medical team, and we will provide you with an update of what this will look like closer to the camp season!



### Receiving Devices

It is important to note that all broadcasting features or pairing to caregiver functions are not allowed while at D-Camps. This includes Night Scout technology, Dario share, Dexcom Follow App, and iPhones with multiple recipient features enabled. Campers who use iPhone technology with their CGM/FGM devices will be required to remove their SIM card at the start of camp. Campers are not permitted to use iPhone/iPod features other than those for storing and reading CGM information. A Wi-Fi connection will not be available at camp. As with pumps and other valuable items at camp, we will do our best to ensure that there is no damage, but D-Camps cannot be held liable for replacing devices that are lost or damaged.

## **Cancellation/Refund Policy**

**BEFORE FEBRUARY 29, 2024** – Full refund of all fees less a **\$25 cancellation fee** (per program).

**MARCH 1 - MAY 31, 2024** -Full refund of all fees less a **\$100 cancellation fee** (per camper).

**AFTER JUNE 1, 2024** – All fees are non-refundable.

There will be no refund made for any participant leaving D-Camps during any program/session, including for reasons of homesickness. In the case of illness or injury incurred at Camp, a prorated refund will be reviewed and applied by the camp's team. There will be no refund or reduction of fees for campers arriving late or leaving early.

Diabetes Canada, D-Camps reserves the right to collect any outstanding household balances and/or cancellation fees by processing the credit card on file. If at any time you would like to check your household balance, you may do so by logging into your CampBrain Registration [HERE](#). Additionally, you can contact our Camps Administrative Coordinator at 647-800-9837.

### **Contact information**

If you have questions about the Camp Briardale program or will be arriving late to Camp, please contact: Morgan Tobin Camp Director, Atlantic Canada at [Morgan.Tobin@diabetes.ca](mailto:Morgan.Tobin@diabetes.ca). If you have any questions related to your registration, please contact our Administrative Coordinator, Rebecca, at [Rebecca.Hay@diabetes.ca](mailto:Rebecca.Hay@diabetes.ca)

