



## You are signed up for Overnight Family Camp

Dear parents and caregivers,

Welcome to the Gales Creek Camp family! Overnight Family Camp is designed to give campers and their families a taste of what a week at camp will be like. While campers and siblings become "campers" for a weekend, swimming, hiking, playing games, and making new friends, parents are offered an opportunity to connect with our staff and one another. This is a chance for parents to ask questions about how Gales Creek Camp ensures the safety of all campers, and it's a chance to meet other parents and caregivers who are also raising a young person with type 1 diabetes.

We will provide the following meals for your whole family: dinner on Friday evening, breakfast and lunch on Saturday, and lots of snacks in between.

**There is no cell service at camp.** If you need to use the phone while at camp, please check with our camp directors, Jeb and Padfoot. The phone number at camp is (503) 357-1793.

We're so glad your family is joining us at Gales Creek Camp this summer!

**Here is your packet of instructions and answers. It will help you prepare for a smooth experience. Please read it over and let us know if you have any additional questions.**

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### **1. Paperwork**

#### Before Camp

Before coming to camp, make sure you have a **confirmed registration** and that your **registration tasks are complete**. Login online to check at [galescreekcamp.org](http://galescreekcamp.org) (and click the circle at the bottom of the page), email us at [registration@galescreekcamp.org](mailto:registration@galescreekcamp.org), or call our office at (503) 968-2267. Make sure you've let us know about any dietary considerations for anyone in your family who is coming to camp!

### Bring to Camp

Please complete the enclosed **Health History Form** (green colored paper) for your T1D camper (only) prior to arriving at camp so we have the most up-to-date health info on your camper. Don't send the Health History Form in—bring it with you.

### **2. Wellness screening**

All overnight visitors will be screen upon arrival. Follow signage and staff instructions as you enter camp.

Please never come to camp sick or bring a sick kiddo to camp. Campers live very close together and we don't want to spread anything. If you need to cancel due to illness, we will make it easy for you. Just let us know. You will get a **full refund** and we will still send your camper their t-shirt and swag.

### **3. How to get to camp**

Gales Creek Camp is located at:  
59425 NW Cedarbrook Lane  
Gales Creek, Oregon 97117

We are between milepost 39 and 38 on Highway 6. When driving west on Highway 6, our turnoff is about ½ mile past the Glenwood Store. Slow down once you pass Timber Junction and turn left onto Cedarbrook Lane, which is a gravel road just before the small bridge over Gales Creek. **The gravel road is narrow and winding, with steep drops in places, so for everyone's safety please keep to the posted 10MPH speed limit. Also please pass only when one car can use a designated pullout. When you come to an intersection, continue straight over a small bridge. Do not turn right—this is a private residence.** Once you cross the bridge, you've arrived!

**A note for Apple Maps users:** For some reason we don't understand, Apple Maps sometimes thinks various roads around camp are closed and tries to send drivers on *long* detours. Don't trust it! Use Google Maps or [TripCheck](#) to confirm before you go the long way.

### **4. Important contact numbers**

Foundation Office: 503-968-2267 (general inquiries, registration questions)  
Onsite Camp Phone: 503-357-1793 (emergencies, late arrivals)  
Foundation Fax: 503-992-6785 (faxing stuff ;-)

## **5. Things to remember**

1. We have planned fun activities and need everyone to stick to the schedule to help things run smoothly. Please be on time for all meals and activities and if you need to leave camp for any reason, make arrangements with our Camp Director.
2. GCC has a strict NO SMOKING policy (this includes e-cigarettes, vape pens, etc).
3. No animals allowed at camp.
4. There is no cell service at camp. Please check with the Camp Director if you need to use the camp landline.
5. There is not a camp physician on site at Overnight Family Camp so parents will be making insulin dosing decisions (our protocols for your camper's future overnight sessions will be explained at orientation). However, we are trying to mimic our regular camp routines in hopes that your camper will be learning to trust and rely on GCC counselors and medical staff for their diabetes care. We ask that you allow staff to assist with testing, insulin administration and low blood sugar treatments as much as possible. (We realize this can be harder for parents than most campers!)
6. **HAVE A GREAT TIME!** This is required of everyone on camp property!

**(Turn over for a Packing List)**

## 6. Packing list

### Important Stuff

- Rain jacket
- Heavy sweatshirt
- Long pants
- Swimming suit
- T-shirts
- Underclothing
- Close-toed shoes
- Pajamas. We will be sleeping in open co-ed quarters. Please plan sleepwear accordingly
- Shoes – 2 pairs per kid (athletic shoes and Aqua Socks/water shoes)
- Bedding. Bring a sleeping bag and pillow for each family member
- Toiletries. Towels (at least 1 per kid), shampoo/conditioner, toothbrush/toothpaste, soap
- Diabetes supplies.** At Family Overnight Camp, you will be in charge of providing diabetes supplies, in addition to managing insulin dosing. We do encourage parents to allow counselors and health house staff to assist campers with testing and other aspects of diabetes care as much as possible. This helps campers learn to trust and rely on GCC staff, and prepares them to come back on their own next year (we realize that this can be harder for some parents than it is for their camper).
- Prescription medication.** Must be in original containers and labeled.

### Optional stuff

- Disposable or cheap camera
- Money for the camp store
- Swimming goggles
- Life jacket or floaty if your camper prefers it (a lifeguard is always on duty)
- Aqua socks or creek shoes
- Special sunscreen (GCC provides basic sunscreen options)

### What NOT to bring

- Bug spray (we provide this)
- Skateboards, roller blades (and other stuff like this)
- Cigarettes and e-cigarettes. Please refrain from smoking on the GCC property
- Your pets. Dogs are not allowed at camp.