



**camp
kudzu**
We've Got Diabetes Covered!

Summer Session 3

2024 CAMP GUIDE



Monday, July 15- Saturday, July 20, 2024



Camp Grace
2559 Walkers Chapel Rd.
Roberta, GA 31078



Camp Kudzu Office

(404) 250-1811

At Camp

(404-495-4862)

Camp Grace

(478) 957-5215

WELCOME

Hello everyone! I am so excited to meet you all at camp. My name is Patricia Clark, and I had the pleasure of joining the Camp Kudzu team back in January. I serve as the Program Manager and will oversee all things CAMP! As a camper myself, going to Camp High Harbour, I know the impact and joy of camp. I would always have a camp countdown in my room, reminding me of how close I was to returning to my most favorite place. P.S. only 26 more days! A quick tip, camper to camper, bring your PILLOW! Did you know that's the most forgotten item at camp? I didn't! Now are you a Chacos /Teva person or a tennis shoes person? As much as I love my Chacos, I know to bring my tennis shoes to camp so I can do things like horseback or high ropes. Summer 2006 I forgot my tennis shoes and only had Chacos. My counselors made me some shoes out of duct tape...I do not advise. For more tips and tricks to prepare for camp, continue reading this guide. Can't wait to see you all soon!

-Patricia Clark



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COVID-19 PROTOCOLS:

Summer 2024

*With guidance still changing, we plan to update our COVID-19 policies and requirements as needed. Please read below for our current protocols as of Spring 2024. Should these protocols and/or requirements change, we will update registered participants as soon as possible!

As we did for our in-person overnight programs in 2023, we will be following all protocols based on the most recent guidance from the Centers of Disease Control and Prevention (CDC), The American Camp Association (ACA), the local health departments, and Camp Kudzu's Medical Core Advisory Team.

Everyone, including Camp Kudzu Staff, Volunteers, and Campers will keep a temperature and symptom log for 10-days prior to Summer Session 3. All attending persons will complete and record temperature and symptoms twice a day during that time frame. This log will be turned in during the check in process at camp. We recommend taking a rapid test for COVID-19 the morning of Summer Session 3 if you have access but will NOT be testing during the check-in process at camp. The 10-day log will begin on Friday, July 5!

Click [HERE](#) to order free rapid COVID-19 tests to your home!

COVID-19 VACCINATIONS

Camp Kudzu STRONGLY recommends that participants, staff, and volunteers be fully vaccinated against COVID-19, (up to date on the most current dose of a multi-dose or single series vaccine) but will NOT require it for attendance at our in-person overnight programs in 2024.

Thank you all for your patience and flexibility as we continue to keep the safety of our campers, volunteers, and staff a top priority. We understand how difficult these months continue to be. If there is something we missed or you have additional questions, please email Reed Stewart at rstewart@campkudzu.org.

CHECK-IN

1. All campers must be checked in by a parent or guardian, as indicated during registration. If someone other than a parent or guardian will be dropping off your camper at camp, please email Patricia Clark at pclark@campkudzu.org.
2. You will arrive at camp and follow the signs to drive into Camp Grace. Here you will be greeted inside your car and given a cabin number to hang on your car's side mirror as well as a clipboard with forms for you to complete during the check-in process.
3. You will pull through a series of check-in stations: General Medical check-in, meet your camper's Clinician, Tagging & labeling of your camper's phone and/or insulin pump (if applicable!), and medication intake.
4. Once you have completed all check-in stations, you will be directed into camp and will follow the signs and instructions from volunteers to your camper's drop-off area!

*** Please note that in an effort to have less visitors into our camp bubble, parents/guardians will NOT be getting out of the car or walking their camper to the cabins. Counselors will be at the traffic circle to help campers get their luggage and walk them down to the cabin. They will also help your camper get settled including setting up their bed and unpacking for the week!**

Check-in will be Monday, July 15 at the following times:

1:30-2:00PM --> Teen Campers & CITs

2:00-2:30PM --> 8-12 year-old Campers

When navigating to camp, be sure to use the address to the right!



Camp Grace
2559 Walkers Chapel Road
Roberta, GA 31078



There are two entrances to Camp Grace! Your navigator will take you to the first entrance which will be the exit. Please follow the signs to the main entrance.

REMINDERS

- Driving age campers, CITs, and Junior Counselors are NOT permitted to bring vehicles to camp and must be checked in by a parent/guardian!
- We will NOT serve lunch on Monday. Please have your camper eat before arriving to camp!
- Please remember to keep your paperwork (including the 10-day log), blood glucose log, medications, and other important items easily accessible in your car. You will need all these items during the check-in process!
- Make sure pump and CGM supplies (if applicable) are packed in camper luggage or backpack.
- The check-in process will last about an hour. Thank you for your patience as we navigate our check-in process to enable a safe & fun week of camp!

CHECK-OUT

1. Please remember that you will need to bring photo identification with you in order for your camper to be released to you. If someone other than the parent or guardian listed on the registration form will be picking your camper up, please notify us right away via email. (pclark@campkudzu.org)
2. Once you have arrived to camp, you will be directed to the stop sign at the top of the hill. We will send a small group of cars down at a time and you will stop at a station around the traffic circle. Your camper will be waiting at that station with their luggage!

Check out will be Saturday, July 20 at the following times:

10:00AM --> Teen Campers & CITs

10:30AM --> 8-12 Year Old Campers

MEDICAL INFORMATION

MEDICAL SUPPLIES: WHAT TO BRING

Thanks to the generosity of our pharmaceutical suppliers, Camp Kudzu provides insulin vials, syringes, insulin pens, low treatments, meters, lancets, strips and more for each camper. Your camper won't need to lug any of these things along with them each day! However, read below for a few exceptions to this rule.

Insulins provided include the following: Apidra, Humalog, Novolog, Fiasp, NPH, R, Basaglar, Lantus, Lyumjev (vials only), Levemir, Toujeo, and Tresiba. If your camper uses insulin(s) other than those listed above and you have not indicated so on their application, please be prepared to bring insulin with you. At this time, Camp Kudzu does not carry refillable cartridges, pre-filled cartridges, or SmartPen insulin pens. Please be prepared to bring your own or we can switch your camper to pre-filled insulin pens for camp. Oral diabetes medications are also not provided.

Pump sites—if your camper uses an insulin pump, please send 4-6 extra pump sites for the weekend. Camp can be hot, sticky, active, and wet! Pump sites have a lot more trouble “sticking” at camp than in your home environment. If you have a favorite adhesive, please include this as well. We may not need them, however it's best to be prepared. Please have your camper arrive to camp with a newly changed site, placed on Sunday morning prior to check-in at camp.

If your camper uses a Medtronic; 670G, 630G, or 770G, please include their blood glucose meter that corresponds with the pump as well as an adequate amount of blood sugar strips in their suitcase! They will use this meter to calibrate the system.

Continuous Glucose Monitors/CGMs—We are excited to continue changing our medical protocols as technology surrounding diabetes care evolves! We WILL calculate insulin doses using CGM data during camp programs, however, please know that there are times when Clinicians ask for a fingerstick to verify a decision if the CGM readings seem off. If your camper feels most comfortable bringing their CGM to camp, please be aware that he/she must be able to independently insert/start sensor and troubleshoot any problems that might arise. Clinicians will monitor calibration according to manufacturer recommendations each day. Alarm settings will be adjusted and *the “shared data” feature will be turned off.* Please be assured that we check blood sugars frequently, averaging 8 checks (or views of the CGM) daily and your camper has the right to check his/her blood sugar and/or view their CGM readings at any time.

- **If your camper desires to use a CGM while at camp, please note that we WILL allow cell phones as a receiver. Please review our [updated cell phone policy](#) with your child. Additionally, all “shared data” features must be turned off. Pump sites, CGM sites have more trouble “sticking” at camp because it is hot and wet! We recommend bringing an extra 2-3 sensors in case a CGM falls off or fails while at camp.**

Please see attached [CGM policy](#) for elaboration.

OTHER PRESCRIPTION/OVER-THE-COUNTER MEDICATIONS/VITAMINS

Please bring all oral diabetes medications, non-diabetes medications, vitamins, and supplements in original containers marked with camper's name and daily dosage amount in a clear plastic zip bag. Please have this bag accessible during check-in and NOT in your camper's luggage. We will collect camper medication during the check-in process. There is no need to send over-the-counter medications, as we have a large supply of these at camp that can be accessed via the Med Lodge. All medications will be stored at the Med Lodge and will be administered to your camper per label's instruction. Campers with asthma, allergic reactions, or epilepsy who require emergency medication such as inhalers, EpiPens, or Midazolam will have access to these items at all times, as they are carried by each camper in their own bags. If a camper requires emergency medication administration, a trained staff member will do so and parents will be contacted accordingly. Please have these items with you at check-in to discuss with our medical staff.

SPECIAL NOTE FOR CAMPERS WITH ADD/ADHD

Many children who take medication for the above conditions discontinue the medication during the summer months. Since camp is such a structured program, our medical team strongly encourages the continuation of these medications prior to and during the camp session.

If your child has special medical needs beyond those related to his/her diabetes, please discuss them with

Reed Stewart, Medical Manager, prior to the start of the camp session.

She may be reached at rstewart@campkudzu.org.

MEDICAL INFORMATION CONTINUED...

YOUR CAMPER'S HEALTH WHILE AT CAMP

● Camp Kudzu Medical Staff will notify parents or guardians by phone about any significant medical problems that may arise at camp or medical issues that require urgent care. Each person's health form contains contact information as well as designated alternate contacts if the parents/guardians cannot be reached. This process is initiated by the Program Manager or the Medical Manager but can be delegated to an appropriate staff member. We realize that every parent may have a different definition of emergency. The general camp practice is to contact parents when the Program Manager or the Medical Manager have a concern about a person's health, need parental consent, and/or when a situation is not progressing as expected. Because many people remotely access their voice mail, it is expected that camp personnel leave voice messages that appropriately communicate the need for a given parent to call the camp. We will share with you details in that message and give you a phone number to return the call. Should the Medical Manager recommend that a camper be seen by a healthcare provider outside of the camp setting within 12-24 hours, but it is not an immediate medical emergency, the parent will be contacted and offered the following:

- Explanation of the situation.
- Ask parent/legal guardian to come pick their child up and take them to see their personal health care provider with the understanding that once a camper has to exit our "camp bubble" for any reason, they will NOT be able to return to camp for the remainder of the session.

Some situations do require that a camper be sent home. These instances include but are not limited to persistent vomiting/diarrhea/fever, identified communicable disease, or head lice. Parents will be notified immediately of issues that medical personnel deem to be major medical concerns. In extreme medical emergencies, the Medical Manager, Program Manager, or designee may call 911. For non-life threatening issues, we prefer that parents transport their child to their doctor or clinic for further medical attention. Again, please be aware that if a camper needs to leave the camp grounds for any reason, they will NOT be allowed to return back to camp for the remainder of the session. We generally do not call parents regarding minor issues which are easily taken care of and do not significantly affect the camper's day including minor cuts, scrapes, bruises, or bug bites.



MANAGING DIABETES AT CAMP

Each cabin group is assigned a Clinician for diabetes management and an Endocrinologist is always onsite and on-call. These diabetes professionals work as a team to monitor blood sugars, deliver and adjust insulin levels, help campers manage their diabetes throughout the week, and teach campers skills that are vital to successfully managing diabetes on their own. We also have a team of nurses to manage day-to-day non-diabetes medications and health needs.

All staff members are equipped with meters, strips, single-use lancets, alcohol swabs, sharps containers, and low supplies. Staff members are trained to identify symptoms of below and above target blood sugars and how to treat them.

MEDICAL INFORMATION CONTINUED...

MEDICAL FORMS

Prior to coming to camp, please complete the Pre-Camp Blood Glucose Log as accurately as possible and bring it with you to check-in. Please complete these logs using CGM readings or BG meter readings. Keep this log with you and outside of your camper's luggage to expedite your check-in process. This form will be used by your camper's Clinician to determine insulin doses at camp and to alert them to any blood sugar trends that they will need to monitor during camp.

Please begin the log the Thursday before camp begins. If your child uses an insulin pump and you are able to pull pump reports that include CGM data, you may print those reports and bring them to camp in lieu of filling out the pre-camp BG log. If you have any questions about how to fill out the log, please contact Reed Stewart at rstewart@campkudzu.org.

When completing the BG log, please note that you do NOT need to fill in every hour necessarily, just log anytime you do a BG check, low treatment, insulin dose, etc. throughout your normal routine!

You will be able to download a copy of the pre-camp blood glucose log [HERE](#) and on the final page of the guide!

[Sample Log Here.](#)

MEALS & NUTRITION AT CAMP

Before and after each meal, Clinicians meet their campers to dose insulin. Campers and staff will use a carb count and allergen alert sheet developed for each meal. Cabin counselors work with campers to make choices and count carbs for each meal. Campers have an opportunity to look over the food choices for the meal and decide, in partnership with their Clinician, a pre-meal bolus of insulin to cover the carbohydrate content of the meal.

During the meal, campers sit at tables with their cabin and counselors. While we encourage campers to try new things that may have a slight spin on what they are used to eating at home, we realize some children are picky eaters. It is for this reason that fresh fruit, Sun butter and jelly, bread, and other items are available at all meals as well.

Our Senior Medical Coordinator works with the Camp Grace staff prior to our arrival on a menu filled with healthy and tasty foods for our campers. Menu items are chosen with consideration of kids' palates in mind. Foods that are nutritious and fuel their activity throughout the day are important at camp.

Campers with allergies and special dietary needs are served meals that mimic menu items served to the rest of camp. For example, a camper who eats a vegetarian diet would be served a tofu stir fry instead of stir fry chicken; campers living with celiac disease would be served a gluten free version of stir fry as well.

After each meal, campers meet with their Clinician once more to review the insulin needed to cover the carbohydrates just consumed and make adjustments to doses if needed. Snacks are served mid-afternoon as well as just before bedtime. Snacks include both carbohydrate and protein to encourage stable blood sugars throughout the day.

Should you have any questions or concerns as it relates to meals, nutrition, and dietary needs at camp, please reach out to Caroline Tallman, Senior Medical Coordinator, at caroline.tallman@campkudzu.org

PREPARING FOR CAMP

MISSING HOME

For many, this will be the first time away from home since diagnosis. Upon arrival, the newness of the camp environment, making new friends, and the natural longing for the “old and familiar” make moments of missing home happen for many campers. Experience has taught us to expect the symptoms of missing home to occur over the first 36 hours of camp – often during rest period and/or lights out. Most often with a few conversations with counselors and the security of new friends and activities, missing home dissipates.

Here are some tips to help prepare your child for camp and the possibility of missing home:

PRIOR TO CAMP:

1. Have a positive family attitude
2. Discuss expected camp activities
3. Mark a calendar with days until camp starts- HOORAY!!!
4. Give gentle encouragement that missing home is “ok”
5. Go shopping for the things he/she will need at camp
6. Avoid phrases such as “If you stay until Wednesday, then we will come and pick you up.”
7. Share with your camper the example schedule.

DURING CAMP:

1. When writing letters to your child, avoid phrases such as “wish you were here,” or detailed accounts of what siblings and the family are doing. Instead, ask about camp activities, counselors, specific programs, etc.
2. Pack “surprises” or notes of encouragement among your camper’s belongings
3. Express your confidence in his/her ability to be away from home and that the counselors are there to assist him/her if he/she should need anything as you are departing

MAIL AT CAMP!

Campers love receiving mail at camp! You can either mail a letter to camp using the address below or you can drop-off mail in the designated box during check-in. If you would like to leave mail during check-in, you will find a box for each camper cabin located outside of the camp gate on your way out of camp! Please mail any letters by the Sunday of the camp session or well in advance of camp to ensure it arrives before the end of the session. If you'd like to receive mail from your camper, be sure to send pre-addressed and stamped stationary with them to camp.



Camp Grace
Camper Name
C/O Camp Kudzu- Little Shot of
Camp Kudzu
2559 Walkers Chapel Rd
Roberta, GA 31078



PREPARING FOR CAMP

REMINDERS AS YOU PACK: THINGS TO LEAVE AT HOME!

1. Cell phones (unless being used for T1D management such as CGM receiver), smart watch or apple watch, laptop computers, iPods, iPads, Gameboys, and MP3 players, etc.
2. Food of any kind, including sugar-free candies or chewing gum (All snacks are provided.)
3. Knives, guns, weapons, fireworks, matches, lighters, etc
4. Alcohol and other drugs
5. Tobacco products, in any form, including vaping machines
6. Animals or pets of any kind
7. Money, jewelry, or expensive items
8. Skateboards, bicycles, scooters, rollerblades, roller skates, etc., and other personal sports equipment.
9. Diabetes supplies ****NOTE: Some exceptions apply, see "Medical Supplies" section above****

CELL PHONE POLICY

Camp Kudzu strives to educate campers on embracing new technology and utilizing current diabetes management techniques to the best of their ability. Cell phones have come to the forefront of cutting-edge diabetes technology and to continue growing alongside new technology, we have updated our Cell Phone Policy. Please read through our updated policy to help us ensure the safety of campers and staff as we begin to use cell phones as diabetes technology at camp.

Phones will not be used at camp for reasons other than diabetes management. Functions such as calls, texts, social media, internet access, games, etc will not be allowed. **We will allow the cell phone to be used as the receiver for a camper's CGM.** Insulin dosing and decisions may be verified by a fingerstick BG, if needed. CGMs will be calibrated, as needed, based on manufacturer's recommendation.

- During check-in at camp, cell phones will be placed in a locked bag and will be the responsibility of the camper. Both counselors and clinicians will be able to unlock phone bags at any time to review CGM data. We will ask that all non-CGM notifications and alarms are turned off during check-in and remain off for the duration of the program. We will also temporarily change the passcode to be able to access the CGM data more easily during midnight blood sugar checks.
- If your camper uses the Dexcom Share or LibreLinkUp function, it will be **TURNED OFF** at check-in when the phone is turned in and will be turned back on when the phone is returned to that camper's parent/guardian at check-out.
- If you upload CGM Data from your phone, all data will be available, in its entirety, from the Dexcom Clarity or LibreLink Apps following the conclusion of the program.
- Phones will be returned to Parents/Guardians during check-out from camp.
- Failure of campers and/or parents to follow these rules could result in a camper's early dismissal from the camp program.

PACKING LIST

CLOTHING:

1. 1 pair of jeans
2. 5 pairs of shorts
3. 9 shirts
4. Sweatshirt or jacket
5. Raincoat or poncho with a hood
6. 2 pairs of pajamas
7. 10+ pairs of socks
8. 8 pairs of underwear/undergarments
9. "Goodnights" (if prone to bed wetting)
10. 2 swimsuits
11. Swimming goggles (if preferred)
12. Hat
13. Sunglasses
14. Laundry bag
15. Comfortable walking shoes

AND:

1. Flashlight (and extra batteries)
2. 2 Water bottles
3. **Backpack, knapsack or small bag to carry "stuff" around (Camp Kudzu will unfortunately not be providing backpacks this summer!)**
4. Music Party Costume! This year's theme – Camp Kudzu is my Happy Place! Dress in 70s, disco.
5. Plain white 100% cotton t-shirt for tie-dye
6. Plain blue shirt and red shirt, or a plain white shirt you wouldn't mind possibly getting paint on/messy for Color Wars!
7. Phone charger IF your camper is bringing a cell phone as their CGM receiver.

LINENS AND BEDDING:

1. Two sets of twin sheets and a warm blanket or sleeping bag and a fitted sheet
2. Pillow and pillow case
3. Two bath towels and washcloths
4. One beach towel

TOILETRY ITEMS:

1. Plastic or waterproof container for your toiletries/shower supplies
2. Bathrobe/Shower robe
3. Shower shoes (flip flops, plastic shoes)
4. Toothpaste and toothbrush
5. Soap and Soap Container
6. Comb/Hair brush
7. Shampoo and Conditioner
8. Sunscreen
9. Deodorant
10. Insect repellent
11. Lip balm
12. Feminine products

8-10 pump site changes (including sites, reservoirs, and tubing) or pods. 2-3 CGM inserters (if applicable).

Please remember to have all medications out and accessible during check-in. Pump site changes will be given to clinicians during check-in.

DRESS CODE

Campers are asked to bring appropriate casual clothing and footwear to camp. Please use the following as guidelines:

1. Boys should have swim trunks and girls should have one piece suits or tankinis.
2. In order to be respectful of our community, we ask that clothing be modest and unoffensive.
3. Any clothing that alludes to alcohol, tobacco, or drugs cannot be worn at camp.
4. Studies have shown that foot injuries at camp INCREASE when campers are wearing flip-flops and croc like items. For everyone's safety we ask that you do not bring flip-flops to camp for every but instead, opt for sturdy, close-toed shoes. Chaco and Teva style sandals with straps and ankle support are acceptable for some activities. However, camp activities, including ropes course and horseback riding, require close-toed shoes for participation.

If your family needs assistance in getting your child necessary items for their camp session, please email pclark@campkudzu.org!

WHAT TO EXPECT

SAMPLE DAILY SCHEDULE

8:00AM	Breakfast	4:30-5:30PM	Activity Period
9:00-9:30AM	Spirit Time	6:00PM	Dinner
9:45-10:45AM	Activity Period	7:00PM	Singing & Dancing!
11:00-12:00PM	Activity Period	7:30-9:00PM	Evening Program for Ages 8-12
12:30PM	Lunch	9:00PM	Snack
1:30PM	Singing & Dancing!	9:30-11:00PM	Evening Program for Teens
2:00-3:00PM	Shoes Off	11:00PM	Lights out
3:15-4:15PM	Cabin Free Choice	12:00AM	Midnight Rounds begin

EVENING PROGRAMS

Each night of the week will feature a special program for our campers. Below are some of the evening programs we will have this summer! Be sure to check the packing list for extra items your camper may need for some of the programs!

SUNDAY

Opening Cermonies!

MONDAY

Panic!

(A competition to see if you can dress your cabinmates up like a character/theme/idea!)

TUESDAY

Pool Party!

WEDNESDAY

Color Wars! CIT Led Program!

THURSDAY

Kudzupalooza!!

A music party combination!

Our Kudzupalooza theme this summer is **Camp Kudzu is my Happy Place!** Your camper can choose to dress up, if they would like, in 70s, disco costume/outfit!



CAMP FORMS

PRE-CAMP FORMS & UPDATED POLICIES!

10-DAY TEMP &
SYMPTOM LOG

SAMPLE BLOOD
GLUCOSE LOG

PRE-CAMP BLOOD
GLUCOSE LOG

CELL PHONE
POLICY

CAMP KUDZU STAFF (AT CAMP!)



PATICIA CLARK
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KAT SHREVE
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404-495-4861

During the camp session, to leave a voicemail for the Program Manager, please call 404-495-4862. Your call will be returned as soon as possible. Our staff will be monitoring emails and voicemails periodically. If you need immediate assistance, please contact the Camp Kudzu office at 404-250-1811.