



Summer Family Camp at Camp Barney Medintz

2024 CAMP GUIDE



**Sunday, July 28, 7:00 PM -
Tuesday, July 30, 2:00 PM**



***Check-in & Check-Out:
Camp Barney Medintz
4165 Highway 129 N,
Cleveland, GA 30528**



**Camp Kudzu Office
(833) 995-8398
Camp Kudzu While at Camp
Jennifer Buckelew
(770) 988-6877
Camp Barney Medintz Office
(706) 865-2715**

WELCOME TO SUMMER FAMILY CAMP

Dear Camp Kudzu Family Camp Families,

We are so excited that you and your family are coming to Summer Family Camp. Camp Kudzu has hosted countless family camps during fall and spring over the years but this is the first time to gather DURING summer. YAY! We have a ton of fun planned for you including arts and crafts, swimming, s'mores, team building tie dyeing, singing and more. Your entire family will have lots of water opportunities including a beach party blast and a pool party. During Family Camp, you'll see our traditional summer camp program in action. Those campers will travel to activities with their counselors and healthcare staff on a similar schedule. There's plenty of space and excitement for everyone! Please don't hesitate to reach out with any question. We are so thrilled that we get to spend time with you and your family.

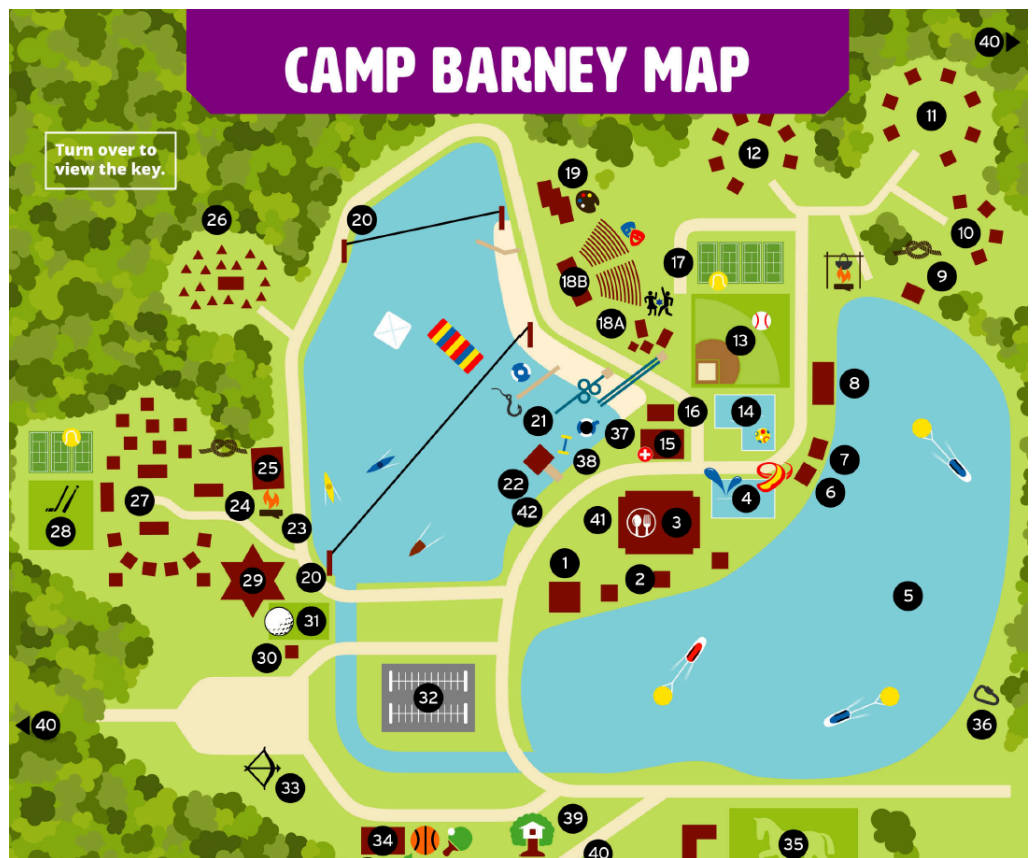
Kudzu Fun,
Jennifer Buckelew and Blakely Queen

About Camp Barney Medintz (Camp Barney)

We are happy to partner with Camp Barney Medintz. "Camp Barney" was one of Camp Kudzu's original partners some 20 years ago. We love that we have a long rich history with them.

When Camp Barney isn't hosting Camp Kudzu, they host campers from across the US and the globe in their summer overnight program. Camp Barney is owned and operated by the Marcus Jewish Community of Atlanta. Nestled in the North Georgia mountains, the 500+ acre property is a beautiful, cooler retreat from Atlanta. While Camp Kudzu is a non-denominational organization, we adhere to Camp Barney's keeping within their faith of observing a kosher dining hall. Check out more about Camp Barney at <https://www.campbarney.org/>. The website's photos will give you insight on the facility.

We know that you will fall in love with this beautiful just like we have.



CHECK-IN

SUNDAY, JULY 28 * 7 - 8 PM

Check-in is located at Camp Barney Mednitz

Please remain on the main road of camp until you reach Camp Kudzu check-in tent.

Check-in process

Welcome to Summer Family Camp

You receive a little more paperwork to complete.

We will check the temperatures of all families attending family camp.

Park your vehicle.

Unload your luggage into the luggage cart. (We will transport to your lodging village)

Next - proceed to the clock for general medical check-in

General Medical Check-In includes

Turn in 10-day temperature log

Staff will review your paperwork

You will meet our family camp volunteers

They will walk with you to your lodging. (Please wear comfortable shoes)

Camp Barney Medintz
4165 Highway 129 N,
Cleveland, GA 30528



REMINDERS

- Pick up dinner before you arrive at camp.
- Please wear comfortable walking shoes during arrival.
- Please remember to keep your paperwork (including the 10-day log).
- Please pack your insulin in a cooler to keep it protected during the drive and check-in process.

CHECK-OUT

Check-Out Process

- Check-out is Tuesday, July 30, 2:00 PM
- After our last activity you will have a chance to pack, and we will transport your luggage back to the parking area.
- Lunch will be served.
- After lunch we will have a closing circle and then you we wish you safe travels until we see you at our next program.

Check out Tuesday, July 30, 2:00 PM

ABOUT CAMP KUDZU

MISSION

CAMP KUDZU EDUCATES, EMPOWERS AND INSPIRES CHILDREN AND TEENS LIVING WITH TYPE ONE DIABETES.

VISION

TO CREATE A COMMUNITY WHERE LIFE WITH T1D IS WITHOUT LIMITATION - EVERYWHERE KUDZU GROWS.

CAMP KUDZU PHILOSOPHY

- Camp Kudzu values fun and believes...that our children come to camp to be joyful, playful, and spirited, and they benefit from rediscovering the lighthearted side of life.
- Camp Kudzu values excellence and believes...that our children, our volunteers, and our staff deserve high quality programs, preparation, medical care and facilities.
- Camp Kudzu values education and believes...that our children learn best when they are relaxed, receptive, and exposed to medical and life lessons in many forms.
- Camp Kudzu values safety and believes...that our children feel free to stretch their capabilities when adventures take place with supervision, standards of diligent care and in a secure environment.
- Camp Kudzu values friendships and believes...that the magic of camp arises out of camaraderie, acceptance, and support. Peers and mentors influence our youth far beyond the confines of our programs.
- Camp Kudzu values diversity and believes...that our community is most relevant and strongest when we embrace children and adults of all racial, ethnic, and economic backgrounds.
- Camp Kudzu values community and believes...that belonging to a camp community is empowering, and that life's challenges may be less daunting when drawing upon the contacts and resources made through camp.
- Camp Kudzu values fiscal responsibility and believes...that it is our responsibility to exercise fiscal discipline and increase fundraising so that we might increasingly address the needs of our community.

GUIDELINES FOR A SUCCESSFUL PROGRAM

Rules to Follow -

- Children under 18 should always be accompanied by an adult family member.
- Follow Camp Barney Medintz rules.
- Campers and staff are visitors to Camp Barney and are expected to be respectful of the facility by not damaging the property.
- Pick up after yourselves. Litter goes in garbage cans provided.
- When you are away from your cabin, please turn off the lights to conserve energy.
- Quiet hours are 10PM - 7AM.
- Communicate your needs with the Camp Kudzu Volunteer Team.
- The use of personal equipment such as sports and electronics is at your discretion and your risk. Camp Kudzu is not responsible for lost, stolen or damaged items or equipment.

The following items are NOT permitted:

- Knives, guns, weapons of any kind, and dangerous items.
- Pets, no matter how cute, may not accompany you for the weekend.
- Possession or use of alcohol or illegal drugs.
- Smoking is not allowed in or around camp buildings or activity areas.

Being aware of your surroundings and child(ren) and upholding all rules will help make a safe a fun memory you won't forget.

MEDICAL INFORMATION

MEDICAL SUPPLIES: WHAT TO BRING

First Aid: Camp Kudzu has a med lodge that will assist for first aid and medical situation. First Aid supplies are available.

Over the Counter Medication: Over the counter medications are housed in our med lodge and are available to you.

Prescription Medication: Please bring all prescription medication, diabetic medication & supplies with proper labels and dosage. Keep medication out of reach of children. All medication must be dispensed by an adult to safeguard other children attending the event.

Diabetes management and supplies:

Please pack all of your diabetes management supplies, backup supplies and a cooler for insulin. We will supply a refrigerator for insulin in a common area in our living unit. We will supply ice for your coolers if you prefer to keep your insulin in your cabin. We recommend bringing 1- 2 back-up sensors in the event the sensor is dislodged.

Remember to bring your child's diabetes supplies including (but not limited to) blood glucose meter, insulin, syringes/pens/pump supplies, back-up supplies, and low treatments!

It is the policy of Camp Kudzu to avoid changing sites, testing our blood sugar and using needles in our dining hall, in the pool area and on the beach or sand area. Please, adhere to this policy in order to be respectful of our facilities, and to keep all participants of our programs safe.

You will find a sharps container and low supplies in your cabin! Should you need any extra, please let Camp Kudzu volunteers know. Your family buddy will also have sharps containers with them.

In case of an emergency: Assistance will be given by Camp Kudzu volunteers. All injuries and accidents must be recorded and reported through an incident report and submitted to Camp Kudzu. If the need for transportation to a facility arises and an ambulance is not required, it is the family's responsibility to transport to hospital or urgent care.

Nearest Hospital:

Northeast Georgia Medical Center
743 Spring Street NE, Gainesville, GA 30501
770-219-9000

Nearest Urgent Care:

Northeast Georgia Physicians Group: Urgent Care
2578 Helen Highway
Cleveland, GA 30528

MEALS AND NUTRITION

Thank you for completing the dietary form for your family during the registration process.

We are able to accommodate most dietary requests during family camp. If you have any concerns please contact Jennifer Buckelew, jbuckelew@campkudzu.org to discuss.

Summer Family Camp participants will dine in the extended dining hall together. You will sit with other families and a family buddy. The meals are served family style. Seconds are always provided. Salad bar is an option at lunch and dinner.

At your table will be carb counts for each meal and snack provided.

At Camp Barney meals from the kitchen are served kosher. Kosher refers to how food is prepared and what other foods are consumed during said meals.

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.

During family camp we serve snacks throughout the day. Please refrain from bringing snacks to camp. We try to reduce the risk of cross contamination from common food allergens in the dining hall and around camp. If you get hungry during the program, we will make sure to have additional snacks available. Thank you for your understanding and cooperation.

Housing and Bathhouse

During Summer Family Camp each family will have their own cabin. The cabins are split in half with a separate entrance and a door that closes between the two sides. There is electricity and outlets in the cabins. We have tried to house you close to families with the same age children and in your same activity group.

The cabins are screened cabins with bunk beds. There are enough lower bunks for all families, members to sleep on the bottom bunk if they desire.

We do encourage you to bring fans, individual or box fans to help circulate the air. If you don't already have a fan, please let me know and we will help with that detail.

Summer Family Camp participants and volunteers are lodging in Village 3. This is a 10-minute walk from the dining hall and the main part of camp. If you have mobility needs, we are equipped to assist. Please communicate with your family buddy, a Camp Kudzu volunteer assigned to your group.

Bathrooms, sinks and showers are in a bathhouse within Village 3. There are two bathhouses. We will designate one for females and one for males. We have worked out bathroom accommodations for moms with males and/or dad with females. The bathhouses are brand new this year and we are excited about the upgrade.



Activity Groups

For your activities your family will be placed in groups according to age and family make up. We have tried our best to give the best experience to all our campers based on the age requirements of the activities. We acknowledge there are families with different age levels. When this happens, we ask that you decide which adult would like to accompany which age level. Groups are Orange, Green and Purple.

At times we split these groups to A and B so you have the most enjoyable time at the activity. Each color group will have a family buddy to assist with getting you to the right place on time.

We will host one activity period when you will have time with other adults and the Summer Family Camp Volunteers will be with your children. This is the only time that the Family Buddies will provide the role of camp counselors.

Family Buddies

Family Buddies are volunteers who have attended one of our Camp Kudzu summer camps or programs, may be living with T1D, or just love camp and giving back.

They are here to help with any questions, listen to you, assist in gathering things you may have forgotten and to have fun with you and your children.

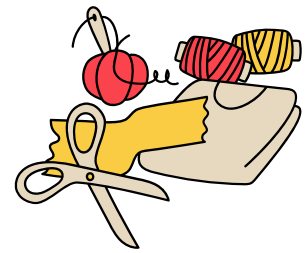


ACTIVITIES

Activities Include

Archery (10 and up)

Archery is the sport, practice, or skill of using a bow to shoot arrows.



Flying Squirrel (12 and up)

A great "team" high challenge The Flying Squirrel element allows a participant to be lifted quickly into the air as if they are flying. The participant gets to determine how high they would like to go.

Paddle Boards (12 and up)

A water sport in which participants are propelled by a swimming motion using their arms while lying or kneeling on a paddleboard or surfboard in a body of water.

Ceramics - (6 - 10)

You will create a piece of art using clay and other materials.

Arts & Crafts (everyone)

Explore traditional camp crafts during this activity.



Tie Dye (everyone)

Tie-dye is an easy DIY transformation that brings life to your t-shirt or fabric through different techniques and colors.

Drumming (2 - 8)

You will find your own rhythm as you are guided by a musician, combining all the sounds to create beautiful music.

Dance and Movement (2 - 8)

Sway, twirl, turn, and move during this activity as you feel the music.

Shoes off

This is a time in the day that we all return to our cabins and take a moment to rest, read, kick off our shoes and let our toes get some air. We will have quiet activities at the village porch to help entertain your family.

Pool Party

during our swimming time we will have games and refreshments for everyone to take part.

Beach Party

We will experience the beach on Tuesday morning. We will play in the sand, swim, and cool off in the waters of the lake.

Quiet Hours

Quiet hours are from 10 PM - 7 AM. Please use inside voices and calm activities



SCHEDULE

This is your family camp experience. Camp Kudzu is here to lead the fun and create memories! You know your family and their needs best.

If your child needs and nap or to go to bed early or a cooling off time, we encourage you to do that. If you need this, please let your family buddy know and feel free to explore camp, being respectful of the other groups on property. Please, refrain from entering other villages unless you have to pass through to an activity, we ask that you stay out of activity areas that we are not engaged with. If you would like to go on a hike, there are trail maps, and we can help facilitate.

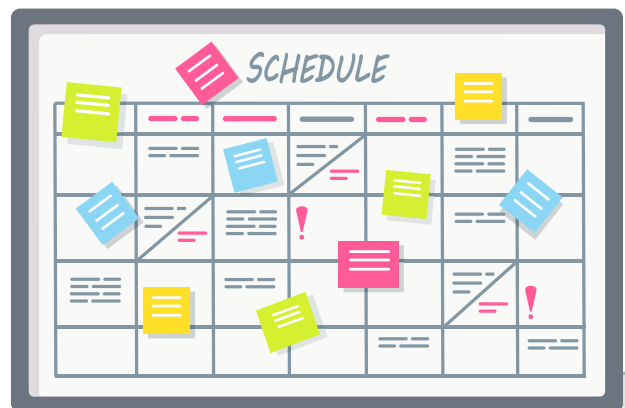
Below is the basic schedule for the week. When you arrive, you will receive your family's schedule.

Sunday, July 28

- 7 - 8 PM Arrival & Settle into you cabin
- 8:15 PM Family Gathering and S'more Party
- 9:15 PM Return to cabins, shower and get ready for bed
- 10:00 PM - Quiet Time and Lights Out.

Monday, July 29

- Rise and Shine in time for you and your family to meet your family buddy at 7:45 AM
- 7:45 AM Meet at the Village Porch to head to breakfast
- 8:00 AM Breakfast at the Extended Dining Hall
- 9:00 AM Family Camp Photo
- 9:45 AM Activity 1
- 11:00 AM Activity 2
- 12:30 PM Lunch
- 1:30 PM Head back to Village
- 2:00 PM Shoes off - take a break
- 3:15 PM Activity 3
- 4:30 PM Activity 4
- 6:00 PM Dinner
- 7:45 PM Pool Party
- 9:00 PM Head back to Village to prepare for bed
- 10:00 PM Quiet Time and Lights Out



Tuesday, July 30

- Rise and Shine in time for you and your family to meet your family buddy at 7:45 AM
- 7:45 AM Meet at the Village Porch to head to breakfast
- 8:00 AM Breakfast
- 9:00 AM T1D Management Education
- 9:45 AM Beach Party at the Lake
- 11:00 AM Shower, Pack and Straighten Up. We will begin moving luggage down to the parking lot.
- 12:30 PM Lunch
- 1:30 PM Closing Circle
- 2:00 PM Have a safe trip home and we will see you at the next program

PACKING LIST

CLOTHING:

- Shorts for each day and 1 extra
- Shirts one for each day and 1 or 2 extra
- Sweatshirt or jacket
- Rain gear - event continues rain or shine
- Avoid umbrellas
- Pajamas or sleep ware
- Socks for each day & 2 extra
- Underwear/undergarments and 2 extra
- "Goodnights" (if prone to bed wetting)
- Swimsuits
- Swim diapers if needed
- Hat or visor
- Sunglasses
- Laundry bag
- Comfortable walking shoes
- Sunscreen
- Bug Spray



OTHER:

- Flashlight (and extra batteries)
- Water bottle
- Backpack, knapsack or small bag to carry "stuff" around
- Plain white 100% cotton t-shirt for tie-dye
- Chargers for phone or other devices
- Fans for cabin (optional)
- Stroller or wagon for infants & small children the terrain is gravel roads.
- Booster or portable highchair. If you need one please let us know.

LINENS AND BEDDING:

- Twin sheets and a warm blanket or sleeping bag and a fitted sheet for each participant
- Pillow and pillowcase
- Bath towels and washcloths
- Beach towel
- Portable Crib or Pack n' Play for little one to sleep

TOILETRY ITEMS:

- Toiletry holder one for males and females
- Soap
- Shampoo and Conditioner
- Toothpaste and toothbrush
- Shower shoes
- Comb/Hairbrush
- Deodorant
- Lip balm
- Feminine products

Forgot something? No problem!
If you or a family member forgot any small items like shampoo, conditioner, soap, toothbrush/toothpaste, or bedding, just let us know and we have some extras!



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. For everyone's safety we ask that you do not bring flip-flops to camp 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.

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 Summer 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 4. 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 4 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 19!

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.

PRE-ARRIVAL

PRE-CAMP FORMS

All Camp Kudzu staff, volunteers, and campers must complete a 10-day temperature & Symptoms log. Please record temperatures and any symptoms each morning and evening during this period for all family members. If you or any family members experience symptoms or high temperature, please contact Jennifer Buckelew jbuckelew@campkudzu.org.

**10-day temperature log begins July 19.
Please click link below.**

[10-DAY TEMP & SYMPTOM LOG](#)

FAMILY CAMP KUDZU STAFF



**JENNIFER
BUCKELEW**

Community Engagement
Manager
jbuckelew@campkudzu.org
70-988-6877



BLAKELY QUEEN
Community Engagement
Intern



KAT SHREVE
Associate Executive Director
Kshreve@campkudzu.org
404-495-4861

During Summer Family Camp if you need anything please call
770-988-6877 for Jennifer.

If other members in your family need to get in touch with you while you
are at camp call Jennifer or the Camp Barney number, 706 -865-2715.