

# 2018 CAMP GUIDE



CAMP  
KAKHAMELA  
D CAMPS



DIABETES  
CANADA

D CAMPS

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## A LETTER TO PARTICIPANTS AND FAMILIES

Dear LDPs,

We are excited that you will be joining us for our Leadership Development program with Camp Kakhamela. It is hosted at the beautiful YMCA Camp Elphinstone on the Sunshine Coast.

The D-Camps LD program is a transitional period between being a camper and becoming a leader at camp and beyond. Not only is the program designed to provide youth with the skills necessary to become an effective camp counselor, it also aims to promote personal growth and development, and a greater sense of self-esteem. The emphasis in LDP is on the development of both leadership soft skills in areas such as communication, participant care and team building as well as physical hard skills, such as canoeing and camping.

Before you start packing your suitcase, please read our D-Camps Guide and this Information Guide. 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 Lists
- Directions and Transportation for Drop Off and Pick Up
- Luggage
- Mailing Address
- What to Expect as an LDP

From all of us at Diabetes Canada and Camp Kakhamela, we are very excited that you are joining the Camp Kakhamela family. If you have any questions or concerns, please contact Sarah directly at 416-835-6819 about camp at any time.

Sincerely,



Ted Lockie  
Senior Manager, Camp Operations  
[ted.lockie@diabetes.ca](mailto:ted.lockie@diabetes.ca)  
403.542.7209



Sarah Hamilton  
Camp Director, Western Canada  
[sarah.hamilton@diabetes.ca](mailto:sarah.hamilton@diabetes.ca)  
416.835.6819

## PACKING LIST



### MEDICAL



- Insulin, Pens or Pump Supplies

**\*YES, the camp will supply syringes, pen needles, lancets, blood glucose meters and testing strips. Please do not forget to pack supplies for when traveling to and from the camp.**

- Other medications
- (must be in original container)



### CAMP STUFF



- Sleeping Bag (or sheets/blankets)
- Pillow
- Flashlight or headlamp
- Insect repellent (no aerosol spray please)
- Toiletry Kit (soap, facecloth, toothbrush, toothpaste, comb, deodorant, etc.)
- 2-3 lightweight towels (easy drying for swimming and showers)
- Backpack (for camera, rain gear, sleeping bag for overnight trips)
- Pen, Paper, Stamps (addressed and stamped envelopes/postcards are great!)
- Camera (cell phones with cameras are NOT considered cameras and will be held for the duration of the session)
- Empty large plastic bags for wet & dirty clothes to come home in



### SUN SAFETY



- 1 hat with brim (mandatory)
- Sunglasses
- Sunscreen minimum 30 SPF (mandatory)
- Water bottle (mandatory)



### CLOTHING



- 5 pairs of socks: both thin and thick for hiking
- Supply of underwear for the session
- 3 Pairs of shorts
- 3 Pairs of pants/sweatpants
- 7 T-shirts
- 4 Sweatshirts/long-sleeve shirts
- 2 Pairs of shoes: one pair should be running shoes for overnight trips
- 1 Pair athletic sandals
- 1 Waterproof rain coat
- 1 Pair of rubber boots
- 2 Swim suits (no bikinis please)
- 2 Sets Pajamas

### WHAT NOT TO BRING:

- ✗ Alcohol, non-prescriptions drugs, drugs not prescribed to the participant, tobacco products, electronic smoking devices
- ✗ Knives, including camping or Swiss army knives
- ✗ Valuable or precious items
- ✗ Matches or lighters
- ✗ Food
- ✗ ANY non-medical electronics with the exception of digital cameras.

**YMCA Camp Elphinstone and Diabetes Canada are not responsible for lost or stolen items. Please do not bring valuables to camp.**

## DIRECTIONS AND TRANSPORTATION

### OPTION A: HORSESHOE BAY FERRY TERMINAL DROP OFF & PICK UP

The majority of our participants are dropped off and signed into camp at Horseshoe Bay Ferry Terminal. A representative from Camp Kakhamela will be signing in participants, and introducing them to their facilitators. This will be happening outside at the passenger pick up/drop off area near the ticket booths.

	DROP OFF	PICK UP
LDP 1 & 2	7:30AM Sun July 1 <sup>st</sup>	3:30PM Fri July 13 <sup>th</sup>

**PLEASE DO NOT MISS THESE TIMES!** Should you miss the drop off time, call the Camp Manager or Director immediately; you will be responsible for getting your child to camp.

- If there are any changes as to who will be picking up your child on the last day, please contact the Camp Manager or Director.
- **Directions** to the Horseshoe Bay Ferry Terminal can be found [here](#).

### OPTION B: PARENT/GUARDIAN DROP OFF & PICK UP

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

- **Drop off:** Plan to arrive no earlier than 10:00 AM. Please park in the first parking lot on the right (Upper Lot).
- **Pick up:** Your participant will be ready to leave at 1:30PM, and must be met and signed out no later than 2:30PM. You are welcome to pick up your participant on the last day, tour the camp and enjoy the Sunshine Coast.
- **Directions** to YMCA Camp Elphinstone can be found [here](#).

### OPTION C: AIRPORT

In partnership with the YMCA Camp Elphinstone, Camp Kakhamela offers a shuttle service between camp and Vancouver International Airport, Main Terminal. Be sure your YVR (Vancouver International Airport) arrival is between 8:00AM and 11:00 AM. Your Vancouver departure must be between 3:00PM and 6:00PM. All flights must arrive and depart from the Main Terminal, as opposed to South Terminal.

A staff member wearing a Camp Kakhamela Staff T-shirt and holding a "Camp Kakhamela" sign at the arrivals exit door, in the "meet and greet area", will meet your participant, and his/her airline escort. Instruct your participant to remain inside the terminal by the information desk and to phone the Camp Manager or Director collect if not met shortly after arrival.

## 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, participants will not have access to it until after it has gone through the bed bug heating process.** YMCA Camp Elphinstone has implemented a procedure for participant 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 participants move into their cabins. This heat treatment, similar to a sauna, will heat participant 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.

## GLUCOSE MONITORING POLICY

We welcome CGM (continuous glucose monitoring) and FGM (flash glucose monitoring) devices which are approved by Health Canada at D-Camps. Campers on CGMs and FGMs will do the same scheduled 'finger pokes' as other campers in order to maintain the feeling of community while at camp. Medical staff will incorporate the information obtained from CGM and FGM devices as we make ongoing treatment decisions during camp. Campers will be required to change their sensors as per the guidelines outlined by Health Canada; please pack appropriately if you are registering your camper for a 2 week session.

As camp is an un-plugged community, it is important to note that all broadcasting features or pairing to caregiver functions are not allowed (ex: Night Scout technology, Dario's, Dexcom Follow App, iPhones with multiple recipient featured enabled, etc).

Campers who use iPhone technology with their Dexcom G5 devices will be required to take out their SIM card at check in.

D-Camps and Diabetes Canada will not be responsible for damaged or lost transmitters or receivers.

## MAIL AND CARE PACKAGES

Participants love to receive mail! We encourage you to write to your participant often, and perhaps even mail a letter before they leave, so they have mail upon arrival at camp.

Letters should be cheerful with lots of positive praise for participants trying new things. Avoid mentioning how much your child is missed at home or about the fun the family is having while your child is at camp.

Participant's Name and Session  
Camp Kakhamela  
c/o YMCA Camp Elphinstone  
1760 YMCA Road  
Gibsons BC, V0N 1V6

Any food, beverage, electronic devices, etc. received in Care Packages will be confiscated for the duration of camp.

## EMAIL

We use Bunk1.com to help you communicate with your camper. Bunk1's secure, easy-to-use website services let you stay in touch with your camper all session! We have partnered with Bunk1 in order to help us manage the volume of emails we receive at camp. Each morning the Bunk Notes system bundles and sorts the messages for us to print out and distribute to campers. It also protects us from computer viruses and ensures we receive all emails and none are lost in filters. Bunk Note credits cost \$1 each and are purchased in packs of various sizes, with your first one free.

Go to [www.Bunk1.com](http://www.Bunk1.com)

RETURNING PARENTS will login using their email address and password.

NEW PARENTS will click "Need an account or have an invitation code?" and complete the basic form.

The Invitation Code for YMCA Camp Elphinstone is: 15YCE9802.

Campers WILL NOT be able to respond to emails and all emails will be read before being distributed to campers.



## WHAT TO EXPECT AS AN LDP

### LDP 1

LDP 1 is for youth who have turned 16 prior to June 30, 2018. In this program, participants will be led by our LDP team. The team will work with the participants (LDP 1s) to develop basic leadership skills like conflict resolution, communicating clearly, setting goals for yourself and others, leading by example among other important attributes of a leader.

<b>Hard Skill Development Activities</b>	Canoeing, low ropes initiatives, outdoor living skills, and assisting in camp wide- programs.
<b>Soft Skill Development Activities</b>	Conflict resolution, problem solving, team work, communication, goal setting and being a positive role model .
<b>Overnight Trips</b>	LDP1's will participate in a 1-2 night wilderness overnight trip in the second week of the program.

### LDP 2

LDP 2 is for youth who have turned 17 prior to June 30, 2018. In this program, participants (LDP 2s) will be led by our LDP team. The team will work with the LDP 2s to further develop leadership skills with a focus on being a leader in the camp community. Skills like camper care, dealing with homesickness, planning and leading programs and games and being a positive type 1 diabetes role model. LDP 2s will be spending a substantial portion of their time at camp shadowing counselors in a cabin group. They will have the opportunity to use the skills they are developing and receive feedback from the D-Camps staff team.

<b>Hard Skill Development Activities</b>	Canoeing, low ropes initiatives, outdoor living skills and hiking.
<b>Soft Skill Development Activities</b>	Camper care, leadership, team work, problem solving and shadowing counselors in a cabin group.
<b>Overnight Trips</b>	LDP2's will participate in a 2-3 night wilderness overnight trip in the first week of the program.

