A LETTER TO NEW AND RETURNING CAMPERS AND FAMILIES

Dear D-Camps Families, Campers and Guardians,

Congratulations! You are about to embark on an amazing adventure at Camp Banting this summer. We are very excited that you will be joining us for our 64th 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
- Sun Safety
- Serving Diverse Campers
- Mail and Care Packages
- Communication Home
- Medical Information and Communication
- Program Schedule

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

Sincerely,
The D-Camps Team

Christina Bonner
Manager, Camp & Youth Programs
Ontario Camps
christina.bonner@diabetes.ca

Kale Boehmer
Coordinator, Camp & Youth Programs
Camp Banting & Camp Discovery
kale.boehmer@diabetes.ca
**PACKING LIST**
Label everything your camper brings to camp. Lost items that are labeled items can easily be returned if they are found.

### MEDICAL
- Insulin (enough for the entire session)
- Insulin Pens
- Pump Supplies in a labelled Ziploc-type bag

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

- Other medications *(must be in original container)*
- CGM/Dexcom and supplies *please contact Camp Manager to learn how these tools work at camp*

### CLOTHING
- 14 Pairs of socks
- Supply of underwear for the session
- 5 Pairs of shorts
- 4 Pairs of pants/sweatpants
- 14 T-shirts
- 4 Sweatshirts/long-sleeve shirts
- Flip flops or sandals
- 2 Pairs of shoes: one pair should be running shoes for overnight trips

### SUN SAFETY
- 1 hat with brim *(mandatory)*
- Water bottle *(mandatory)*
- Sunscreen minimum 30 SPF *(mandatory)*
- UV Protective Shirt
- Sunglasses

### CAMP STUFF
- Sleeping Bag (Additional sheets/blankets)
- Pillow
- Insect repellent *(no aerosol spray)*
- Toiletry Kit *(facecloth, comb, toothbrush & paste, deodorant, etc.)*
- **BIODEGRADABLE SOAP AND SHAMPOO ONLY**
- 1-2 lightweight towels *(easy drying for swimming and showers)*
- Daypack *(for camera, rain gear, sleeping bag for overnight if older camper)*
- Camera *(cell phones with cameras are NOT acceptable)*
- Empty large plastic bags for wet & dirty clothes to come home in.
- Flashlight & extra batteries **OPTIONAL**
- Pen, Paper, Stamps *(addressed and stamped envelopes/postcards are great!)*
- Small sleeping bag for trip
- **Silly Costume for the First Night of Camp campfire!**
- Acoustic Musical Instruments

### WHAT NOT TO BRING
- Alcohol, non-prescriptions drugs, drugs not prescribed to the camper, 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
- Smartphones, even if you use them for diabetes management outside of camp
- Nightscout or similar devices
- **Please contact the Camp Coordinator or Manager if you have questions about any diabetes management technology you wish to bring**

The Canadian Diabetes Association is not responsible for lost or stolen items.
SESSION DATES

BANTING SUMMER CAMP, LDP1 & LDP2
Sun, July 30 - Fri, August 11, 2017

BANTING & DISCOVERY LDP2X
Sun, July 30 - Fri, August 11, 2017 (@ Camp Banting)
AND Sun, August 20 - Fri, August 25, 2017 (@ Camp Discovery)

DIRECTIONS AND TRANSPORTATION

OPTION A: Bus
For 2017, Camp Banting will offer free return transportation as outlined below from a major city centre to camp. This option must be selected through your online account or by confirming with your Camp Manager. Pick-up and Drop-off times for this bus option are below.

<table>
<thead>
<tr>
<th>Location</th>
<th>Pick-up to Camp</th>
<th>Drop-off from Camp</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ottawa</td>
<td>12:00 pm - Sun, July 30, 2017</td>
<td>12:00pm - Fri, August 11, 2017</td>
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<tr>
<td></td>
<td>Carpool Lot: ON-416/Bankfield Road</td>
<td>Carpool Lot: ON-416/Bankfield Road</td>
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</tbody>
</table>

OPTION B: PARENT/GUARDIAN DROP OFF AND PICK UP
The majority of our campers are dropped off and signed into camp on-site. Parents/guardians have the opportunity to meet with the medical staff to discuss their child’s stay at camp during this time. Please check the times below as there is only a limited amount of parking at the camp. Additionally, we would like to ensure a smooth drop off. Please note, dogs will not be allowed on the camp premises, with the exception of service dogs. Directions to camp can be found here:

Camp Banting

Please do not arrive early for drop off as we will be preparing for arrival. Participants that arrive early will be asked to return after drop-off time. In efforts to maximize the camp programming, we ask that parents/guardians depart camp no later than 3:30pm.
**CAMP ACTIVITIES**
Campers will be exposed to a wide variety of activities and experiences. They will receive individual instruction to develop new skills, take part in cabin group activities, and participate in games and theme events involving the entire camp. In everything we do at Camp Banting, we emphasize skill development, community, and adventure, in a safe, fun-filled atmosphere designed to encourage growth and the development of self-confidence. Your camper will be able to participate in all core activities at Camp Banting as well as sign up for special free choice activities that are offered daily. Please refer to the Camp Banting specific website for a complete description of skill areas.

**Cabin Rotation Activities**
Archery, Art, Canoeing & Kayaking, Drama, Low and High Ropes Elements, Outdoor Living Skills, Swimming

**Cabin Overnights and Canoe Trips**
In addition to the LDP1 Canoe Trip, we will be running overnight camping trips for senior campers. Trip nurses and medical supervision are provided to all Banting trips.
Senior Campers: 1 night hiking trip
Leadership Development Participants: 4 to 5 night Canoe Trip in North Frontenac Park

**Evening Program**
Every night at Camp Banting, the whole camp community comes together to take part in activities like capture the flag, camp-wide games and many other themed activities.

**SUN SAFETY**
Camp Banting is proud to be an official Sun Aware Certified Camp by the Melanoma Network of Canada. This certification recognizes our practices in both teaching and reinforcing sun safe behaviours. Included in this certification is our commitment to training our staff based on the principles of applying broad spectrum sunscreen, wearing light weight clothing and wide brimmed hats, wearing UV protective sunglasses, and seeking shade in the heat of the day.
SERVING DIVERSE CAMPERS

At the Canadian Diabetes Association 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 are able to support their needs.

If you have any questions about the fit of your child at our programs please contact our Camp Manager or Camp Coordinator to discuss the support we can provide.

MAIL AND CARE PACKAGES

Everyone enjoys receiving mail, so please write! Mail is delivered to camp daily and we do our best to ensure prompt camper delivery. Send letters prior to or during the first few days of camp to ensure delivery. Letters that do not arrive until after the session has ended will be returned to sender. Packages that come in to Camp Banting will be screened for food and allergens. Outgoing mail will not be read and incoming mail is only opened to ensure no food products are sent.

E-mail can also be sent to campers through campbanting@diabetes.ca. This email address is checked once daily and will be delivered to campers as promptly as possible.

The camp address is:

Camper Name
c/o Camp Banting
530 Hanna Road
Maberly, ON K0H 2B0

COMMUNICATION HOME DURING CAMP BANTING

- During your campers stay at Banting, you can anticipate a check in phone call on day 3 or 4 of your camper’s time at camp. This call is designed to provide you with an update from our Assistant Camp Directors, who are more than happy to discuss any questions or concerns you may have at this time!
- Prior to camp departure, parents/guardians can also expect a call to confirm pick up date and mode of transportation.
- Please feel free to contact us should you have any questions while your camper is with us.
MEDICAL INFORMATION AND COMMUNICATION

The medical team at Camp Banting, strives to provide the best care possible for all our campers and counsellors living with diabetes, but that care can be complex in the camp setting. Interactions between campers and medical staff occur frequently, and we monitor glucose levels at meal times, bedtime snack, and up to 2-3 times during the night. We have established protocols aimed at providing a consistent and safe approach to glucose levels that are out of target; however, the approach to glucose control at camp necessarily will differ from that of home. Safety is our most paramount concern, and our protocols are designed specifically with that in mind. We know from decades of experience that children at camp will engage in play activities that are highly variable in intensity and often unpredictable based on camper choice, but in general most children are overall more active at camp than they are at home or school. This variable activity, along with unpredictable changes in weather and dynamic programming, makes maintaining good glucose control at camp challenging across a spectrum of ages and interests. Children who use an insulin pump are also impacted by other variables including but not limited to pump site problems and waterfront activities.

Upon arrival at camp, the doctors will typically reduce the overall amount of insulin being given by 10-30%, especially during the first few days and nights of camp. If you feel this should be different for your child please speak to the health team upon arrival and ask your camper to speak to the doctors about the change as well. Our target glucose during the day is 6-8 mmol/L and during the night is 8-10 mmol/L. Our doctors review glucose patterns daily and will lower insulin when glucose levels are trending low, and will increase insulin when glucose levels are trending high. A photocopy of your child’s glucose/insulin record sheet will be provided at the end of the session, and you will undoubtedly note high variability from day to day, and often even from meal to meal. It is not our routine to notify parents about fluctuating glucose levels or the presence of ketones as long as the doctor and your child both agree on a plan to address concerns and that the situation is not causing your child to be unhappy at camp. Aside from diabetes care, likewise we do not necessarily report all minor non-diabetes related medical concerns, for example, minor injuries that do not require special care, or transient complaints such as headache or abdominal pain that resolve. We plan for your child to have a fun and safe experience at camp, but our staff will contact you directly if your child:

- Is having problems with glucose control that would be considered atypical for camp
- Is transported out of camp for medical care at a hospital, clinic, dental office, etc
- Is being started on a prescription medication
- Experiences a hypoglycemic seizure
- Sustains an injury that requires specific treatment, eg. splinting, suturing, etc
- Is admitted to the Health Centre for longer than 24 hours, or has a protracted illness
- Sustains a needle-stick injury
- Is found to have head lice
- Is exposed to a contagious disease other than common viral illnesses, colds, etc.
- Receives a major alteration in their insulin regimen, eg. changing an insulin type
- Is non-adherent with medical protocols, or self-administering insulin without consent
- Is exhibiting harmful behaviour towards self or others
**PROGRAM SCHEDULE**

Camp Banting has always had a wonderful mixture of fun and exciting program options. This year is no different! Below, you can see the themes for each daily theme meal as well as the evening program. Keep reading for more details on each program, including suggested costume options! We would love to see campers dressed up as much as they feel comfortable for each program – and we are prepared with lots of creative solutions for those who aren’t fans of costumes or choose not to bring them.

<table>
<thead>
<tr>
<th>DATE:</th>
<th>Sunday July 30</th>
<th>Monday July 31</th>
<th>Tuesday Aug 1</th>
<th>Wednesday Aug 2</th>
<th>Thursday Aug 3</th>
<th>Friday Aug 4</th>
<th>Saturday Aug 5</th>
</tr>
</thead>
<tbody>
<tr>
<td>THEME MEAL:</td>
<td>Campers Arrive!</td>
<td>Zoo-Break Lunch</td>
<td>Survival Dinner</td>
<td>Wizard Lunch <em>(Theme Day)</em></td>
<td>Decades Dinner</td>
<td>Favourite Sports Team Lunch</td>
<td>Under the Sea Dinner</td>
</tr>
<tr>
<td>EVENING PROGRAM:</td>
<td>Opening Campfire</td>
<td>Get to Know Your Cabin Group</td>
<td>Survivored</td>
<td>Wizard Forest Defense Battle</td>
<td>Todayland</td>
<td>Popular Sporting Teams</td>
<td>Firecrushers</td>
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</tbody>
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<tr>
<th>DATE:</th>
<th>Sunday Aug 6</th>
<th>Monday Aug 7</th>
<th>Tuesday Aug 8</th>
<th>Wednesday Aug 9</th>
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<th>Friday Aug 11</th>
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<tr>
<td>THEME MEAL:</td>
<td>Fire VS. Ice Lunch <em>(Theme Day)</em></td>
<td>Storybooks Alive Dinner</td>
<td>Starry Night Lunch</td>
<td>Superhero Dinner <em>(Theme Day)</em></td>
<td>I &lt;3 Camp Banquet</td>
<td>Campers Depart See you next summer!</td>
</tr>
<tr>
<td>EVENING PROGRAM:</td>
<td>SENSE-ible Scientists</td>
<td>Western Casino <em>(joint w/Opemikon)</em></td>
<td>Talent Show</td>
<td>Superhero Shipwreck</td>
<td>Closing Campfire</td>
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**Sunday, July 30: Opening Campfire**
*Costume ideas: Anything silly! But PLEASE wear something silly!*

Exciting and rowdy campfire that will include introductions from the staff!

**Monday, July 31: Zoo-Break Lunch**
*Costume ideas: Animal, zookeeper, nature photographer.*

The animals have escaped! Campers are welcome to dress like their favourite animal and engage in some fun animal activities!

**Monday, July 31: Get to Know Your Cabin Group Evening Program**
*Costume ideas: Be yourself!*

This program is un-themed because we want everybody to get to know each other! This will be a series of short activities designed to get campers working together with their cabinmates to accomplish tasks and build up their team skills.

**Tuesday, August 1: Survival Dinner**
*Costume ideas: Marooned on a deserted island, survival in the woods, your favourite Survivor character.*

As preparation for filming the first episode of a reality show (see below), campers and staff should dress in their best survival gear and will have a series of table challenges to complete in order to “survive” the meal!
Tuesday, August 1: Survivored Evening Program
Costume ideas: Marooned on a deserted island; surviving in the woods.

A staff member has had a brilliant idea: to create a reality show centered on a group of people being lost on a deserted island. They have very clearly not watched TV in the past 16 years...but they’re going to ask for camp’s help to put on the pilot episode! There may even be a camera crew attending this multi-station rotational program.

Wednesday, August 2: Wizard Forest Battle Theme Day, Lunch & Evening Program
Costume ideas: Harry Potter/wizard cloaks/scarves.

This is Harry Potter-themed but we’re dancing around calling it that for reasons that may or may not be due to copyright... Wednesday is a full theme day where all activities will be based around the campers becoming wizards, including creating a wand, learning spells, and discussing the finer points of magical theory (maybe not that last one). The evening will end off with the campers using their new skills to help defeat the monsters that are invading camp’s Wizard Forest.

Thursday, August 3: Decades Dinner
Costume ideas: Dress from a different decade!

See below. The time machine has been damaged so parts of history will be scattered around the dining hall, including the people eating dinner!

Thursday, August 3: Todayland Evening Program
Costume ideas: Futuristic, shiny outfits OR dress from a different decade. Find a friend (or three) and be a decade together!

A time machine has appeared at camp, along with a series of characters that have been picked up through time travelling. Campers need to help locate the pieces of the broken time machine throughout camp to recreate it and send characters back to their rightful time periods!

Friday, August 4: Favourite Sports Team Lunch
Costume ideas: Sports jerseys/t-shirts and other merchandise.

Wear your favourite sports team to lunch! We will have opportunities for people to join together and bond over their preferred teams, so keep an eye and ear out for those!

Friday, August 4: Popular Sporting Teams Evening Program
Costume ideas: Sports jerseys/t-shirts, unique logos and items, visors, hats.

Have you ever played a sport that didn’t feel quite right? Our team of sport coaches is here to help! We’ll be playing a series of games based on real sports – but with a twist! Hosted by the Ottawa Scentators and the Toronto Maple Larfs, campers will get to come up with their own team name and logo before challenging the other teams for victory!

Saturday, August 5: Under the Sea Dinner
Costume ideas: Anything underwater-themed. Be a character or an animal – or just wear lots of blue!

The sea has risen up and flooded the dining hall – good thing we can all breathe underwater for this one mealtime! We will have visitors from a variety of water-related programs and will provide some fun activities for campers to do at their tables.
Saturday, August 5: Firecrushers Evening Program
Costume ideas: Dress in stealthy black clothing to help with sneaking onto the other team’s side!

As a lead-in to the full Fire VS. Ice Theme Day, this evening will see the camp competing in two teams to try and put out the opposing team’s fire using only paper cups. With chances to raise funds to purchase larger water containers, the campers will spend the evening running around trying to protect their own water while dousing the other team’s fire.

Sunday, August 6: Fire VS. Ice Theme Day & Lunch
Costume ideas: Red and Blue.

This is an annual recurring Theme Day at Camp Banting and will feature two teams: Fire (red) and Ice (blue). Campers will find out which team they’re on upon waking up. This year, Fire VS. Ice will have a theme running through it. Don’t worry: we’re still playing Capture the Pump, but we will be bringing a mixture of new and old activities to the rest of the day!

Sunday, August 6: SENSE-ible Scientists Evening Program
Costume ideas: Lab coat, science paraphernalia, or dress in your “nerdiest” outfit/t-shirt.

Scientists have come to camp seeking a quiet area for their studies. However, they didn’t realize that camp isn’t a quiet place so their experiments have gone awry! Campers will rotate to different stations where they will need to complete activities to earn components to perform a fun science experiment with their group.

Monday, August 7: Storybooks Alive Dinner
Costume ideas: Your favourite storybook character or author.

Sometimes, books come to life as you read them...literally! Storybook characters will be eating dinner with the campers, hopefully providing them with some insight into the worlds of their favourite books!

Monday, August 7: Western Casino Evening Program
Costume ideas: Frontier gear, big hats, boots, plaid. All of the plaid.

The local frontier town had some issues and is looking to raise money to fund their rebuilding! Campers will be able to use their starting funds to play different stations and try to raise the most money by the end of the evening. Omemikon campers & staff will be joining us for this program, as well.

Tuesday, August 8: Starry Night Lunch
Costume ideas: Dress like the star you’ve always wanted to be!

As a pun on the stars we’ll be seeing in the evening, this lunch can be space-themed OR celebrity-themed: you get to decide for yourself! We will have decorations for both options and will definitely be making use of elaborate (and groan-worthy) puns throughout the entire meal.

Tuesday, August 8: Talent Show Evening Program
Costume ideas: Whatever you need for your performance!

Everybody at camp will be able to perform if they so choose. In the past, this has been limited to an airband competition but we’re continuing the tradition of opening it up to other talents, as well.
**Wednesday, August 9: Superhero Theme Day, Dinner & Shipwreck Evening Program**

*Costume ideas: Superhero. Ideally one that you invent, but feel free to wear any existing costumes!*

The third theme day of Banting, this will be a full day of superhero-related training activities. Superheroes around the world have lost their powers! This will, of course, create HAVOC that the campers will need to solve by becoming superheroes in their own right. Campers will be encouraged to dress up as their newfound superhero selves for dinner and then use their powers to bring all of the superheroes back to safety so that the med staff can restore their powers!

**Thursday, August 10: I <3 Camp Banquet & Closing Campfire**

*Costume ideas: Camp shirt, clean pants/shorts/skirt/bottoms.*

Dressing up in their new Camp Banting t-shirts, campers will enjoy a delicious meal and celebration of everything we all love about camp! We will follow that with a closing campfire where campers and staff will share things they love about camp while we sing favourite songs.

If you have any questions or concerns about program items, please reach out to Kale directly. Please note that while costumes are strongly encouraged, we would not want any families to ‘break the bank’ trying to accommodate all of these varied themes! Our staff are prepared with a variety of small items that campers can use to participate without a full costume.