



Wisconsin Lions Camp

General Camp Tips for Youth with Diabetes

Families – this information is for your campers to review with you. Please promote the independence piece of Camp and the fact that you trust your camper to have a great time with a great Camp team supporting all of the management needed. If you have concerns about any of this information, please contact Andrea, our Camp Director at ayer@wisconsinlionscamp.com.

Welcome to Camp! We're excited for you to join us for the fun activities, friendships and learning from our staff and medical team. To make the most of the Camp experience and prepare for Camp, please review these tips we've written for you, our camper, with your families.

1. Adjust Basal Insulin Rates in Advance

- Camp involves much higher activity levels – we're on the go from 7 AM to 10 PM, constantly moving with structured activities like hiking, swimming, and games.
- Consider your activity levels and consult with your own medical team to decrease basal insulin rates before Camp starts. Typically campers start with a 10% decrease, but while at Camp, you may need to work together with your medical team to make additional adjustments as needed.

2. Flexible BG Management

- Because Camp is active, includes big meals and snacks, and is an exciting time, your BG control needs to be more flexible. We strongly recommend that you consider setting higher targets for BG levels, between 100-130 mg/dL to minimize low numbers at Camp.

3. Programming your Pump for Camp

- For our pump users, duplicate your program and create a custom program for Camp with changes to basal rates, bolus ratios, and BG correction targets to better suit your activity levels and schedule while at Camp.

4. Check in with your Medical Team

- If you have concerns or questions about being ready for Camp, check in with your personal medical team to consider changes to your management at Camp. Camp does not need any documentation or information from your medical team regarding diabetes management. You will receive a check in form to fill out before you arrive at Camp to share with us on registration day.

5. Cell Phones are only Management Tools

- Your cell phone is only to be used as a medical tool for diabetes management. Put it away and enjoy being at Camp!
- Your families must turn off management and allow you and your camp team to manage your diabetes without input – no phone calls, texts or other contact for the five days you are here. Please trust your team to be there for you. I know this might make you feel a little nervous, and that's normal. We hire 12-16 medical staff for the week and many of our staff also have T1D and were past campers. You can call Camp with questions and we will have Q & A zoom calls you can join to learn more.

6. Other Camp Tips

- Pack Smart: Include plenty of supplies from the diabetes supply packing list, label your items and make sure you know what you're bringing to Camp,
- Your families can send you an email or two while you're at Camp or leave mail for you that we'll put in your cabin mailbox over the week.
- Talk to your camp staff! The counselors, medical staff, dieticians and everyone else are here to support you.