



# 2018 Family Camp Guide

Camp A: June 15-18, Camp B: June 22-25,

Camp C: June 29-July 2

## Camp Information

### Address:

Camp Conrad Chinnock  
4700 Jenks Lake Road, East  
Angelus Oaks, CA 92305

### Business Office:

(310) 751-3057

### Camp Office:

(909) 794-6712

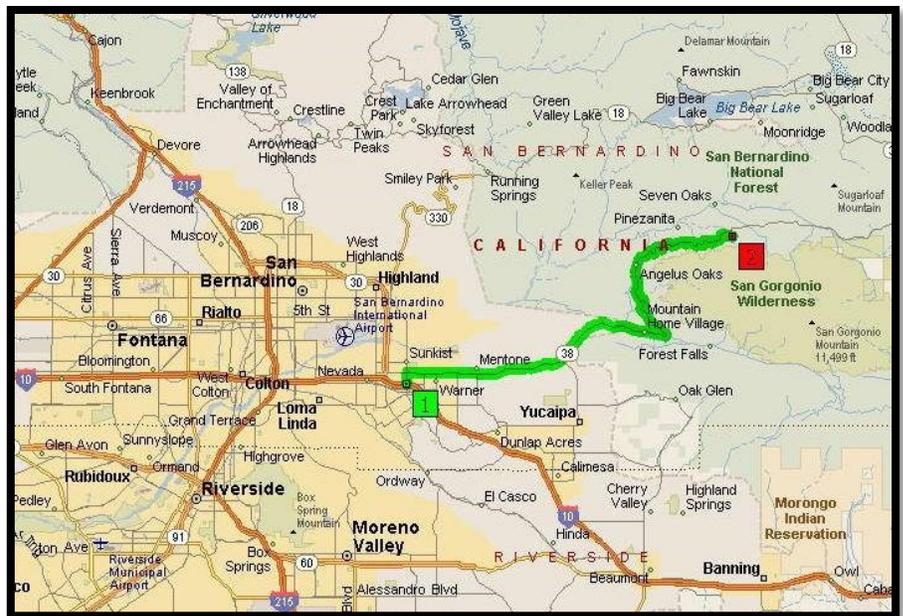
After Hours Emergency Number: (909) 674-6033

Email: [Info@DiabetesCamping.org](mailto:Info@DiabetesCamping.org)

## Driving Directions

1) Take **Interstate 10** towards Redlands.

If you are driving **east bound** on I-10, exit **University Avenue** and proceed north (towards the mountains). You will pass through the University of Redlands. Go until you reach **Lugonia Avenue**.



If you are driving **west bound** on I-10, exit **Cypress Avenue** and turn right. Turn right on **Citrus Avenue**. Turn left on **Judson/Ford St** and proceed about one mile until **Lugonia Avenue**.

2) At **Lugonia Avenue (Highway 38)**, turn right. Proceed approximately 27 miles up the mountain (DO NOT go towards Forest Falls).

3) Turn right on **Jenks Lake Road, East**. You will encounter Jenks Lake Road, West before the East route, but pass the West route and continue to the East route. Watch for mile marker 29.7.

4) Proceed up the road and turn right at the sign for **Camp Conrad Chinnock**.

# LIFE AT CAMP

## Cabins

- There is an average of 7 to 10 people per cabin. There are two separate rooms with 3 bunk beds each. Each room is separated by a privacy partition, with one family in each room. Small families of 2-3 persons may share a room with another small family.
- Each cabin is air conditioned and equipped with a toilet and sink. Showers are in a separate building.



## Food

- Three meals and three snacks are provided daily. Each meal and snack will have a posting as to the number of carbohydrates in each serving. Meals are scheduled at 8am; 1pm, and 6pm, with snacks in between. Food is served buffet style with families and staff sharing tables and conversation. Substitute and vegetarian foods are located near the kitchen on the center table or in the salad bar.
- When storing food in the cabins, please keep in mind that mice, squirrels, chipmunks and racoons enjoy the challenge of chewing through luggage to find hidden treats. Canned juice and glucose tablets are not typical animal favorites, so those are fine to leave in the cabin.

## Cell and Internet Service

- Cell phone service is often spotty, depending on your carrier. AT&T and Verizon networks have seemed to work best.
- Wi-Fi is not currently available for Camp guests. We suggest a personal hotspot if you will need to connect.

## Camp Store

- A group Camp picture can be purchased for \$10.
- The camp store offers a variety of no- or low-carbohydrate (sugar-free) snacks and drinks, such as diet soda, sunflower and pumpkin seeds, and beef jerky. These can be purchased in limited quantities daily.
- Other items include sweatshirts, hats, toiletries (toothbrush, deodorant, shampoo, etc.), disposable cameras, toys, lights, water bottles, etc. Those items range in cost between \$1 and \$40.
- You may place credit in the store using a check, MasterCard, Discover, or Visa. **Cash is not accepted.**



## Weather

- Generally, the temperatures are warm during the day and quite cool at night. The mountains are also known for surprise rain showers.
- Please pack shorts for daytime, long pants and a warm coat or sweatshirt for night. For rain, it is advisable to pack a poncho or raincoat. Swimsuits often do not dry out before the next time they are needed. We do advise packing extras for young children who do not like that wet clammy feeling (yuck!).

## Camp Rules

- **Smoking is not permitted** in the Camp area. Individuals needing to smoke must do so at the campfire area when it is not in use, leave the campsite, or smoke in their vehicles. Remember, we are surrounded by a National Forest that is extremely dry! Be sure to safely extinguish your smoke.
- Quiet Hours are between 10 pm and 7:30 am.
- Please knock on the cabin door before entering when you are sharing with another family.
- Do not throw rocks in the Camp boundaries.
- Please observe the privacy and “quiet space” of others.
- Leave all personal pets at home.
- Camp is surrounded by 100,000 acres of wilderness, and it can be very difficult to find your way if you are not familiar with the area. Please check with someone before you go hiking.

# SCHEDULE AND ACTIVITIES

## First Day of Camp

- Check-in is between 11:30 am and 12:30 pm in the Dining Hall. Please park in the parking lot and leave your items in your car until you receive your Cabin assignment. You will then be able to drive your car to your cabin to unload, but we ask that you move your car back to the main parking lot after unloading.
- Lunch will be at 1 pm. After lunch, we will have a Camp orientation followed by family recreation activities, games, and dinner. Following dinner, counselors will do an activity with the kids while the parents enjoy a social hour with desserts and beverages. The night ends with a fun and entertaining campfire and snack.

## Days Two and Three

- Days will begin with the wake up bell and testing/ shot time. After breakfast on Saturday, parents will meet for various workshops and talks, while kids will be involved in staff run activities grouped by age. Sunday is Lake Day where we all hike to Jenks Lake for canoeing, fishing, and water games!
- Snack time follows along with family break time and then more testing/shots and lunch. Afternoons will vary between parent alone/family scheduled seminars and free time. Children's seminar sessions are interspersed with fun time games, crafts, and activities.
- Evenings are Campfire and Talent Show time. Be ready to laugh, act silly and generally get into camp life!

## Camp Departure

- Camp ends after breakfast on Monday morning, and families depart by 10 am.
- Families who provided their contact information will receive a Camp Directory via email to stay in touch with your new Camp friends!



## Summer Theme



- Every year Camp chooses a theme for the summer. This year's theme is "Stronger Together!" Get your Avengers and superhero gear ready and let's honor the strength and resiliency of our community when we join forces and take on type 1 diabetes together! We can't wait to see how all of our campers and families celebrate this summer's theme. We want to see your cabin décor and themed apparel up on the mountain!

## MEDICAL MANAGEMENT

### Diabetes Management

- **Diabetes management decisions are left up to each family while at family camp.** The medical team is happy to advise and help with the decision making process. There will be time to speak individually with the Physicians and Diabetes Educators by appointment, as well as, informally. This is a great opportunity to ask all those questions you only remember after leaving your doctor's office! While at camp, therapy and diabetes care suggestions are not to be used in place of the relationship your family already has with your regular diabetes specialist.
- After years of experience and careful consideration our Medical Team strongly recommends that each diabetic member of your family **cut their insulin dose by 20% while at camp.** This should start with the lunch insulin on the first day, (including basal rates for those on pump therapy). High altitude, increased activity, and changes in eating habits can seriously decrease glucose levels during the first two days of camp. Our team also recommends testing at least once during the night, in addition to the bedtime test.



- Everyone is encouraged to do their pre-meal and bed **tests and injections in the dining room**. This allows our campers with diabetes to share the experience with others doing the same thing. You will get a chance to see other testing meters and finger lancing devices. One of our medical staff will usually be in the dining room at this time to answer questions or discuss your child's numbers if you would like to do so.
- Every cabin has a **built-in phone** in case there is the need to contact the medical team during the night. Do not waste precious time leaving your cabin to find help; the phone is the fastest way to mobilize our staff.
- **Sharps containers** will be in all sleeping quarters as well as at the dining hall. Do not carry the sharps containers from place to place; if more are needed, let a staff member know. For safety of camp participants and staff, **DO NOT** place any sharps in the trash!
- There are times during Family Camp when parents and children separate for activities. Children will typically be in the care of the counselors for an hour at a time. Our counselors can take care of mild highs and lows, and carry backpacks with testing supplies, glucose tabs, juice, etc.

## Health Insurance

- DCES provides accident/ sickness coverage to campers. This coverage is secondary to private health insurance held by the family. This coverage is separate from our liability insurance and provides coverage for deductibles and co-pays as needed.

## Illness

- Illnesses spread quickly in the camp environment. For the safety of all Camp guests and staff, please **do not attend Camp if you or a family member is ill**. You may contact the Camp Office to discuss other options regarding your attendance and payment.



# PACKING LIST

## Do NOT Pack

- Televisions
- Fireworks of any kind
- Weapons of any kind
- Expensive clothing or jewelry

## Suggested Packing List

- Diabetes supplies
- Pillow
- Warm sleeping bag or sheets/blankets for a twin-size mattress
- Toiletries (comb, brush, shampoo, soap, toothbrush, toothpaste, feminine sanitary supplies, lotion)
- Shower caddy (showers are in a separate building from cabins)
- Towel and wash cloth
- Bathrobe (optional for walk to shower house)
- Bathing suit and beach towel
- Underwear and socks
- Comfortable shoes/sneakers
- Sneakers
- Warm pajamas
- Flashlight
- Sunscreen, lip balm/chapstick
- T-shirts
- Shorts
- Jeans or long pants
- Warm sweaters/sweatshirts
- Hat or cap
- Raincoat or poncho
- Sunglasses
- Outdoor seating chairs (optional)
- Theme decorations (optional)
- Items to perform in the Talent Show (optional)

