



2018 Adult Family Camp Guide

August 4-6, 2018

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

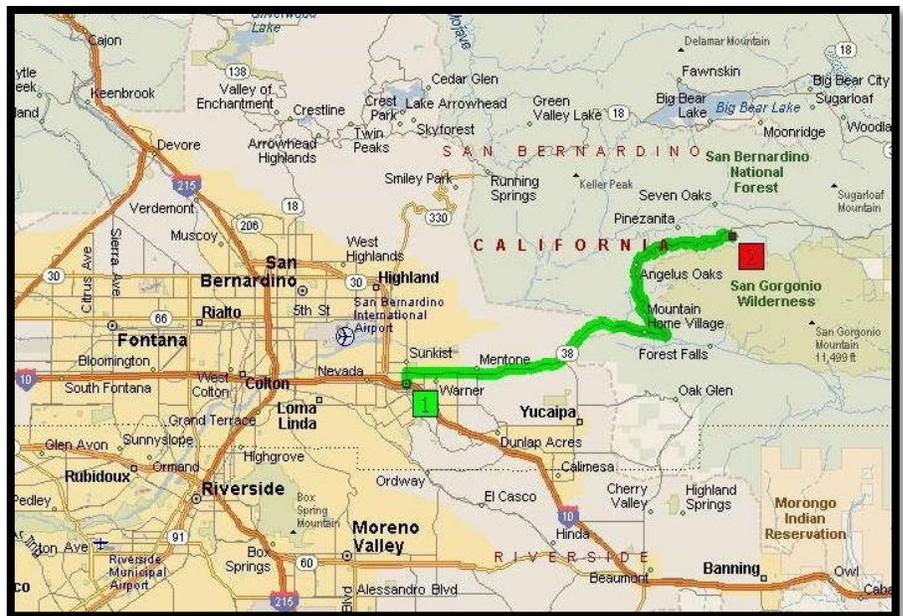
After Hours Emergency Number: (909) 674-6033

Email: Info@DiabetesCamping.org

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 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

- 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.

Diabetes Management

- **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!
- 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.

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.



SCHEDULE AND ACTIVITIES

Arrival

- **Camp begins with breakfast at 8:30a on Saturday.** 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.
- If you are arriving Friday night, please note, no meals will be served.



Days One and Two

- After breakfast on Saturday, various games and activities will be open. Sunday is Lake Day where we all hike to Jenks Lake after breakfast!
- Lunch will be at 1 pm each day, followed by more Camp activities. There will be opportunities to swim (all children must be supervised), do arts and crafts, and participate in archery, climbing wall, scavenger hunts, and a rag ceremony.
- Dinner is at 6:00pm, with nights ending with either campfire or an 80s themed dance!



Camp Departure

- Camp ends after breakfast on Monday morning, and families depart by 10 am.

PACKING LIST

Do NOT Pack

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

Suggested Packing List

- Diabetes supplies
- 80's outfit for dance
- "PG" pajamas for PJ Breakfast
- 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/chap stick
- T-shirts
- Shorts
- Jeans or long pants
- Warm sweaters/sweatshirts
- Hat or cap
- Raincoat or poncho
- Sunglasses
- Outdoor seating chairs (optional)
- Theme decorations (optional)

