

Camp Kudzu Summer 2014

Parent, Guardian, and CIT Information Guide



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Dear Camper Families,

Is your CIT ready for an amazing week at Camp Kudzu? We are!! The Camp Kudzu staff spend all year, just like your camper, waiting for camp to get here. Both groups share very similar sets of emotions of excitement and anticipation . . . with a little anxiety about packing and the newness of the camp session!

Being at camp creates a lifetime of memories. In our youth we are sponges, never knowing at the time, the events and experiences that will help to shape who we are as an adult. Camp Kudzu is a treasure trove of those opportunities.

Camp Kudzu is a magical place where campers have the opportunity to try new things, meet a diverse and interesting group of campers and staff, improve their own ability to manage their health and develop a sense of independence and maturity under the watchful eyes of a dedicated, talented group of staff. Camp Kudzu is like no other camp on earth!

This guide has been designed to help prepare you and your CIT for the experience with us. After reading through this guide, please let us know if you have any questions.

We are so excited to see you and spend this amazing week with your CIT!

Sincerely,

ALL of the Camp Kudzu Staff and Volunteers!

Led by

Ashley Conant, Camp Director

Maureen Warren, Medical Director

Cyndy Oastler, Camper Services Administrator

Aly Bancroft, Assistant Camp Director

Alex Allen, Executive Director



About Camp Kudzu

Our Mission:

Camp Kudzu educates, empowers and inspires children living with diabetes.

Camp Kudzu is a non-profit 501(c)(3) organization providing education, recreation and peer-networking programs for Georgia's children and youth living with diabetes and their families.

Led by dedicated volunteers, medical professionals and a small professional staff, Camp Kudzu offers three weeklong overnight summer camps, family camps and other diabetes education and management programs throughout the year.

Camp Kudzu was founded in 1999, by parents, physicians, healthcare professionals and community leaders who joined forces to establish a program in Georgia that would support the special medical and emotional needs of children living with type 1 (insulin-dependent, juvenile) diabetes in a fun, safe environment.

Our Philosophy...

- ✿ Camp Kudzu values **fun** and believes...that our children come to camp to be joyful, playful, and spirited, and they benefit from rediscovering the lighthearted side of life.
- ✿ Camp Kudzu values **excellence** and believes...that our children, our volunteers and our staff deserve high quality programs, preparation, medical care and facilities.
- ✿ Camp Kudzu values **education** and believes...that our children learn best when they are relaxed, receptive and exposed to medical and life lessons in many forms.
- ✿ Camp Kudzu values **safety** and believes...that our children feel free to stretch their capabilities when adventures take place with supervision, standards of good care and in a secure environment.
- ✿ Camp Kudzu values **friendships** and believes...that the magic of camp arises out of camaraderie, acceptance and support. Peers and mentors influence our youth far beyond the confines of our programs.
- ✿ Camp Kudzu values **diversity** and believes...that our community is most relevant and strongest when we embrace children and adults of all racial, ethnic and economic backgrounds.
- ✿ Camp Kudzu values **community** and believes...that belonging to a camp community is empowering, and that life's challenges may be less daunting when drawing upon the contacts and resources made through camp.
- ✿ Camp Kudzu values **fiscal responsibility** and believes...that it is our responsibility to exercise fiscal discipline and increase fundraising so that we might increasingly address the needs of our community.

It is our hope that after a week at camp, campers will...

- ✿ Be able to establish proactive patterns for living with diabetes.
- ✿ Know how to build friendships to have a social support network.
- ✿ Have at least one positive role model intersection with type 1 diabetes that they engaged with during the Camp Kudzu experience.
- ✿ Show improvement in a health skill area as a result of his/her experience at Camp Kudzu.

The Structure of Camp Kudzu

OUR STAFF

Camp is a life changing experience, where campers learn things about themselves they didn't know when they arrived - independence, responsibility, diabetes and self-management tools, group living skills, new activity skills, and decision making skills. Camp Kudzu's staff members are the facilitators of that experience. Camp Kudzu's staff is a select group of caring, loving individuals who have a heart for children. Many of our staff have been Camp Kudzu campers themselves. Summer staff participate in staff orientation programs prior to the start of camp in person. Just a few of the many topics include working with a variety of ages, treatment for lows and highs, managing camper behaviors, emergency procedures, leading activities, counting carbs, and working together as a team.

About our staff:

- 🌿 Camp Kudzu staff come from all walks of life- A variety of people make up our volunteer corps, from business professionals to community members to college students. In fact, if you were to thumb through a Camp Kudzu photo album, an average snap shot of 5 staff smiling for the camera may be comprised of (from left to right) a registered nurse, a teacher in the public school system who works with students with special needs, a non-profit manager from Oregon, a professional videographer and editor, and an active civic organizer.



- 🌿 Our staff complete a lengthy application process which includes: written application, employment history, reference checks, criminal background checks, and a personal interview.
- 🌿 You will meet your CIT's Unit Heads and a significant number of our volunteers when you arrive at camp.

MEALS AND NUTRITION AT CAMP

The dining hall at Camp Kudzu is a hub of activity. In meeting areas around the nooks and crannies of the building, Clinicians set up their work stations to meet their cabin groups. CITs have an opportunity to look over the food choices for the meal and decide, in partnership with their Clinician, a pre-meal bolus amount of insulin to take to cover the meal.

During the meal, CITs usually sit with the cabin of campers that they see throughout the day. Food is served family style (a large bowl of broccoli, a platter of chicken, a bowl of sauce, etc. is brought to the table with the help of campers and staff) during meals. The Campers Pantry is open every meal and is complete with fruit, peanut butter and jelly, bread, salad bar, and other items.

We work very hard with our host camp, Camp Barney Medintz, to provide a variety of healthy, tasty foods at Camp Kudzu. Our dietary staff works with the Camp Barney staff prior to our arrival on menus for our stay. Camp Kudzu's meals are much different than a lunch room tray at school. Menu items are chosen with consideration of foods with kids' palates in mind and that are nutritious and lower in glycemic index than many foods. We eat brown rice, baked chicken, whole wheat pasta, whole grain pancakes and avoid white rice, corn dogs, regular pasta, and from-the-freezer-section-reheat pancakes. (Note - we don't eat all those things at the same sitting!) We also encourage CITs to try new things that may have a slight spin on what they are used to eating at home.



A carb count and allergen alert sheet is developed for each meal. The cabin counselors work with campers to make choices and count carbs for each meal.

Our dietary staff shares the information that you supplied to Camp Kudzu about your CIT's nutritional needs and works with the Camp Barney Dining Hall Staff to support these needs. CITs with allergies and diet choices are served meals that mimic the choices and entrees served to the rest of camp. For example, a CIT who eats a vegetarian diet would be served a tofu stir fry instead of stir fry chicken; CITs living with celiac disease would be served a gluten free version of stir fry as well.

After each meal, announcements are made and music helps provide the background for an active clean-up. CITs head to an after-meal meeting with their Clinician to make corrections and adjustments and hurry back inside for Golden Kudzu Award announcements and to join in to Camp Kudzu's live mini concert performed by our talented musicians.



Mid-afternoon at camp, the dietary team sets up fresh fruit stations in several locations around camp. CITs can swing by the station with their cabin mates for an apple, plum, orange or banana to have as an afternoon snack.

In the evening, just as the transition from evening program for the younger campers and older campers takes place, CITs check in with their clinician and then have an evening snack. This snack matches the activity of the evening program and has a protein component.

What to Bring to Camp

MEDICAL SUPPLIES

Thanks to the hard work of our medical committee, we will provide all insulin, meters, lancets, strips, and snacks, etc. for each CIT. Keep in mind that you will need to provide diabetes supplies and snacks during your road trips to and from camp but once you arrive at camp, our dedicated medical staff will take over.

You will NOT need to bring ANY diabetes supplies for the week, unless you are on a pump!

Attention Pumpers:

If your child is on the pump, please send enough supplies for at least 8-10 pump site changes. Does that sound like more than you usually go through in a week? Camp is hot, sticky, active, and wet. Pump sites will work their way out much more quickly in the camp environment. Please pack these supplies in your child's luggage; they will not be needed on arrival day. The rest of his/her non-pump diabetes supplies will be provided by Camp Kudzu. Pump sites must be changed on Saturday **BEFORE** coming to camp. **Arrive** wearing a newly changed set.

Other Prescription/Over-the-Counter Medications/Vitamins/Etc.

You will need to bring all non-diabetes medications (daily meds) and vitamins that your CIT may require during the week. **These medications should be in their original containers, marked with the CIT's name and daily dosage amounts and placed together in a clear plastic zip lock bag.** Please have this bag accessible during check-in and NOT in your CIT's luggage.

CITs with asthma or severe allergic reactions who need immediate access to medication such as an inhaler or an EpiPen will have access to these items at all times because they will be carried by their counselor. Counselors will observe administration of these medications (inhaler) when CITs self-medicate. CITs with asthma who use an inhaler only occasionally or only at designated times such as mealtime will keep their inhalers in the med lodge for administration.



2014 Summer Camp

Our Fifteenth Year of Being Here!
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When CITs are in need of an EpiPen, it will be administered by a trained staff member. Please have these items with you during check-in to discuss with our medical staff.

Special note for CITs with ADD/ADHD:

Many children who take medication for ADD/ADHD during the school year stop during the summer. However, our medical staff strongly encourages the continuation of these medications prior to and during their camp session.

Any other special needs should be noted on the CIT's medical form and reviewed again with our medical staff during check-in. By reviewing this information, we can support your CIT at camp seamlessly.

FORMS

Very Important: Prior to coming to camp, please complete the Pre-Camp Log (see the last two pages in this packet), and bring it with you to check-in. Keep this log with you and outside of the CIT's luggage to expedite your check-in process.

Wednesday before camp																							
Basal/Long Acting																							
Time	0	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10
CG																							
Correction																							
Carbs																							
Notes																							
Thursday																							
Basal/Long Acting																							
Time	0	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10
CG																							
Correction																							
Carbs																							
Notes																							
Friday																							
Basal/Long Acting																							
Time	0	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10
CG																							
Correction																							
Carbs																							
Notes																							
Saturday																							
Basal/Long Acting																							
Time	0	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10
CG																							
Correction																							
Carbs																							
Notes																							
<small> (H)Hour(s) (A)Afternoon(s) (P)Period (F)Friday (S)Saturday (M)Monday (T)Tuesday (W)Wednesday (L)Long (D)Dinner (C)Correction (CG)Carbs Sensitivity (CF) _____ (S)Start _____ (B)Bed Time _____ Target _____ Camper Name: _____ I:C Ratio _____ (B) _____ (L) _____ (D) _____ bed time _____ </small>																							

Pre-Camp Log:

The Pre-Camp Log should be filled out as completely and accurately as possible for the 4 days prior to camp.

You will share these logs with your CIT's clinician during check-in. Please have them completed and with you during check-in. These forms will be used by the clinicians to determine insulin doses at camp and to alert them to any blood sugar trends that they will need to monitor at camp.

The Pre-Camp Log is the last page of this packet. Your CIT will need to begin recording blood glucose numbers on Wednesday, July 30.



While at Camp

MANAGING DIABETES AT CAMP

The CIT group is assigned a clinician and an endocrinologist, for diabetes management and for "in the field" diabetes education. Dieticians plan and supervise meals, as well as teach about nutrition. These diabetes professionals work as a team to monitor blood sugars, deliver and adjust insulin levels, help CITs manage their diabetes throughout the week, and teach the children how to live longer, healthier lives. We also have a team of physicians and nurses to manage day-to-day non diabetes medications and health needs. CITs are asked to manage their diabetes at camp and use the support systems at camp to do so. Diabetes management for CITs is a big change from being a camper in a cabin.

Partial pre-meal bolusing is encouraged at Camp Kudzu. Usually, this choice is easier for CITs on a pump; for CITs on injections, this may mean two shots - one before and one after.

All CITs and their staff members are equipped with meters, strips, disposable lancets, alcohol swabs, sharps containers, and low supplies. Staff members lose their ability to sneak up on you because of the rattle of a semi full sharps container attached to their pack. CITs don't carry their own supplies at camp but can ask a staff member for a BG Check at any time. Staff members are trained to identify the need for extra BG checks, too.

YOUR CIT'S HEALTH WHILE AT CAMP...

Camp Kudzu medical staff will notify parents or guardians by phone if a serious medical problem arises. Parents will be notified as soon as possible about any significant medical problems that may arise at camp or medical issues that require urgent care. Each person's health form contains contact information as well as designates alternate contacts if the parents/guardians cannot be reached. This process is initiated by the Camp Director and/or the Medical Director but can be delegated to an appropriate staff member. Since the program has no way of determining what each person considers an emergency, the general camp practice is to contact parents when the Camp Director and the Medical Director have a concern about a person's health and/or when a situation is not progressing as expected.

Because many people remotely access their voice mail, it is expected that camp personnel leave voice messages on answering machines that appropriately communicate the need for a given parent to call the camp. We will share with you details in that message and give you a phone number to return the call.

In the event that the Medical Director is recommending that a CIT be seen by a non-camp doctor within 12-24 hours, but it is not an immediate medical emergency, either the Medical Director or Camp Director will contact the parent and offer the following:

1. Explain the situation.
2. Ask parent/legal guardian to come pick up their CIT and take them to see their personal physician
3. Based on the outcome of this visit, staff and parent/guardian will determine whether or not camper will return to camp.

It's not the heat, it's the HUMIDITY! At Camp Kudzu, we have both. We ask our CITs two questions constantly: Do you have on sunscreen? And, have you had some water recently?





- Answering yes to both of those questions will allow CITs to avoid sunburns and stay hydrated. Our staff does a great job of reminding CITs of these tasks and helping with these tasks as needed.
- CITs should have a sunscreen of SPF15 or higher. CITs should apply sunscreen at least 10 minutes prior to going outside for it to be effective and reapply it throughout the day.
- Water is very critical to our body's health. We have water coolers dotting the landscape of the camp. Water is served at every meal.



SECURITY

Camp Barney Medintz, our host facility, is carefully tucked out of the way of the big city life. The immediate camp neighbors are very protective of the facility. The camp gate is locked when campers are present and persons must be buzzed into the facility, including delivery persons, to gain access to the site. All persons not wearing a Camp Kudzu name tag will be escorted immediately to the camp office. Because of our busy schedule, there isn't time for visitation! We will see parents and families on closing day.

What to Pack for Camp

-  *Plan ahead to live out of a bag. Each CIT should have no more than two medium-sized bags. If you have more than that, you've packed too much! Duffel bags and trunks are great ways to pack all camp items.*
-  **All clothing should be tolerant of water, mud and fun.** Please do not bring new or expensive items!
-  **BE SURE THAT YOUR NAME IS ON EVERYTHING!** Use laundry pens to ID your CIT's belongings. Label anything you want returned!
-  Please: break in shoes and boots before camp begins to avoid blisters and uncomfortable long walks.

LINENS AND BEDDING:

- 2 sets of twin sheets and a warm blanket
OR sleeping bag and a fitted sheet
- Pillow and pillow case
- 2 bath towels and washcloths
- 2 beach towels

TOILETRY ITEMS:

- Plastic or waterproof container for your toiletries/shower supplies
- Bathrobe/Shower robe
- Shower shoes (flip flops, plastic shoes)
- Toothpaste and toothbrush (with container)
- Soap and Soap Container (or liquid soap)
- Comb/Hair brush
- Shampoo and Conditioner
- Sunscreen- SPF 15 or higher
- Deodorant
- Insect repellent
- Lip balm
- Feminine products

SHOES:

- 2 pairs comfortable walking shoes. We recommend shoes or sandals with closed toes and straps around heels. Shoes worn at camp need to stay on your feet.
Activities like horseback riding and adventure activities require shoes. Flimsy flip flops are strongly discouraged at camp and aren't acceptable in some camp activities.

For pumpers:

- 8-10 pump site changes.
- Please remember to have all medications out and accessible during check-in. Pump site changes can be packed in luggage.

CLOTHING:

- 1-2 pairs of jeans (must wear long pants for horseback riding)
- 6 pairs of shorts
- 9 shirts
- Sweatshirt or jacket
- Raincoat or poncho with a hood
- 2 pairs of pajamas
- 10+ pairs of socks
- 8 pairs of underwear/undergarments
- "Goodnights" (if prone to bed wetting)
- 2 swimsuits (for girls, one-piece or tankinis are required for waterfront activities. For boys, trunks or board shorts)
- Swimming goggles (if preferred)
- Sunhat or baseball cap
- Sunglasses
- Laundry Bag
- Color Wars Colors- You will be **Red** or **Blue**

OPTIONAL ITEMS:

- Flashlight (and extra batteries)
- Water bottle
- Backpack, knapsack or small bag to carry "stuff" around
- Music Party Costume. Theme- A Neon Celebration (wear your favorite neon color!)
- Camera and film (suggested: waterproof disposable cameras marked with CIT's name)
- Writing paper, envelopes, pens and stamps with your mailing address prominently written for addressing (Camp Kudzu staff will assist when needed)
- Books and/or magazine

Reminders As You Pack

THINGS TO KEEP AT HOME

Camp is about being at camp... we maintain an unplugged, non-screen environment.

- Laptop computers, iPods, Gameboys, and MP3 players, etc. (anything with a screen).
- Food of any kind, including sugar-free candies or chewing gum (All snacks are provided.)
- Any item considered dangerous (knives, guns, weapons, fireworks, matches, lighters, etc.)
- Alcohol
- Tobacco Products, in any form
- Animals or pets of any kind
- Money, jewelry, or expensive articles
- Skateboards, bicycles, scooters, rollerblades, roller skates, etc., and other personal sports equipment.
- Insulin, syringes, lancets, meters, strips, etc. All diabetes supplies are provided, except pump sets.

A note about Cell Phones...

While cell phones may be a constant part of your life, cell phones are not permitted at camp. The uniqueness of camp is something that can't be experienced every day. We don't want to spoil the opportunity we have at camp with the distraction of texting and errant ringtones. We want you to be fully present, committed and involved in the camp program. CITs will have very, very, very (is that enough verys?) limited use of cell phones. Cell phones that are used improperly or become a distraction will spend the week with the CIT staff.

DRESS CODE

CITs are asked to bring appropriate clothing and footwear to camp. Please use the following as guidelines:

- Boys should have swim trunks and girls should have one piece suits or tankinis.
- In order to keep an environment of respect, we ask that any clothing that is offensive to any minority, ethnic, or religious group be left at home.
- Any clothing that alludes to alcohol, tobacco, or drugs should also be left at home.
- Studies have shown that foot injuries at camp INCREASE when CITs are wearing flip-flops. For everyone's safety we ask that you do not bring flip-flops to camp, but instead, opt for sturdy, close-toed shoes. Some camp activities at camp require close toed shoes for participation.
- Remember that as CITs, campers look up to you as role models. You should model appropriate clothing and footwear at all times!

Camp Schedule

THE DAILY SCHEDULE

7:00 am	Rise & Shine! Check blood glucose and treat lows
7:30 am	Meet with Clinician, pre- bolus
8:00am	Breakfast
8:45am	Meet with Clinician, announcements
9:00-10:15am	Activity Period #1
10:15-10:45 am	Cabin Circle Time
10:45-12:15 pm	Activity Period #2
12:15-12:35pm	Check BG, meet with Clinician, pre- bolus
12:35pm	Lunch
	Meet with Clinician after lunch, singing
1:30 - 2:45pm	“Shoes Off” Time (Rest Period; Quiet Time in Cabin)
3:00 - 4:00pm	Free Activity Period (Cabin selects activity as a team and eats snack prior to heading to Activity Period #3)
4:05 – 5:20 p.m.	Activity Period #3
5:25pm	Check BG & meet with Clinician, pre- bolus
6:00pm	Dinner
	Meet with Clinician, Announcements/Singing

Younger Cabin Schedule

7:30-9:00pm	Evening Program
9:00pm	Head To Cabins
9:15pm	Check BG, evening snack, meet with Clinician, and administer insulin as needed
10:00pm	Lights Out!
11:45 p.m.	Counselors check blood glucose levels and treat lows
12:00 a.m.	Clinicians begin to make midnight rounds

Teen Cabin Schedule

7:30-8:45pm	Dimensions
9:00-9:15pm	Check BG, evening snack, meet with Clinician, and administer insulin as needed
9:15pm	Evening Chill Out Program
10:30pm	Head to Cabins
11:00pm	Lights Out
11:45 p.m.	Counselors check blood glucose levels and treat lows
12:00 a.m.	Clinicians begin to make midnight rounds

More about the Camp Schedule

EVENING PROGRAMS AT CAMP FOR CAMPERS AGES 8-12 YEARS OLD

- SUNDAY: Camp Welcome & Activities Preview
MONDAY: Kudzu Carnival!
TUESDAY: Color Wars- You'll be on the **RED** Team or the **BLUE** Team- you won't know until that morning!
WEDNESDAY: CIT Extravaganza . . . the CITs will plan the evening's adventure for us!
THURSDAY: Pool Party!
FRIDAY: Camp Kudzu, The Musical! / The Music Party! Come dressed as your favorite superhero!

TEEN CHILL OUT PROGRAMS - Teens do an extra camp activity prior to going to evening program

- SUNDAY: Camp Welcome & Activities Preview
MONDAY: Kudzu Carnival! The teens get the carnival all to themselves for an extra hour
TUESDAY: Color Wars- You'll be on the **RED** Team or the **BLUE** Team- you won't know until that morning!
WEDNESDAY: CIT Extravaganza . . . The CITs will plan the evening's adventure for us!
THURSDAY: Pool Party!
FRIDAY: Camp Kudzu, The Musical! / The Music Party! Come dressed as your favorite superhero!

Preparing for Camp

MAIL AT CAMP

CITs love receiving mail at camp! Please write cheerful letters to your CITs and use encouraging language. All mail should be posted by the Tuesday that your child is at camp. Otherwise, the letter may arrive **AFTER** your CIT's experience is over. Please send care packages without food. CITs will receive plenty of food and snacks while at camp!

Address mail to:

CIT Name
C/O Camp Kudzu
Camp Barney Medintz
4165 Highway 129 North
Cleveland, GA 30528-2309



Want to receive mail from your CIT? Give your child pre-addressed, stamped envelopes or postcards so that they can keep you informed of camp activities.

If mail arrives at camp after your CIT has been with us, it will be marked returned to sender. Items are then put back in the outgoing mailbox.

TELL US ABOUT YOUR CIT!

Please let us know if your CIT has a birthday while at camp, has any special dietary needs, or anything else that will help your child's experience at camp be a successful one.



While at Camp

CITs and their families should read through this section to make sure that they are adequately prepared for camp.

CIT EXPECTATIONS

The CITs at Camp Kudzu fill a unique niche in the organization. They are not yet camp staff; however, they are seen as role models in camp by the campers. As young leaders in camp, we hold them responsible for the same rules as the campers, but also hold them accountable as role models. They will be working in a leadership role with cabins and will be setting the example for younger campers. We have very high expectations for the behavior of our CITs. We have chosen you accordingly because you have shown cooperation, understanding and high standards in the past.

Our main priority for the week at Camp Kudzu is to make sure that every CIT experiences a safe and fun environment that fosters personal growth and education as well as new friendships. This includes making sure that all CIT behavior is acceptable and not infringing on the experience of others.

Although Camp Kudzu provides many options to correct improper behavior, it is sometimes difficult to manage disruptive CITs. If repeated disciplinary action for a CIT is needed, the staff member will report the situation to the Unit Head or Camp Director. Upon continued disruptive or unacceptable behavior, the CIT shall be removed from all camp activities and monitored by counselor/staff until such time as a parent or guardian can be notified of dismissal from camp, and the CIT is picked up. Such disruptive behavior may include striking other CITs, staff, or campers, throwing objects at others, leaving scheduled activities and responsibilities, entering cabins of the opposite gender, and consistent defiant behavior. We reserve the right to send any CIT home for violation of Camp Kudzu rules and policies. There will be no refunds of camp fees in this event.

All CITs will read, discuss and sign a "CIT Contract" with the rest of their group.



General Camp Rules

1. Respect, respect, respect! All CITs, campers, and staff are expected to be respectful of themselves, each other, and the property we are using.
2. Everyone is expected to keep their cabin neat and clean.
3. We need to know who you are! Camp Kudzu nametags are to be worn at all times.
4. Help us keep our site looking great! Trash, graffiti, and other damage to property are not acceptable.
5. The rule of three applies to everyone – there should always be at least three people together when you travel throughout camp. If you ever need to go anywhere without your counselor, always ask permission first so that he/she knows where you are and what you are doing.
6. Boys stay in the boy's cabins and girls stay in the girl's cabins – not the other way around!
7. CITs are to be in their cabin and in bed by the designated "lights out" curfew.
8. Cooperation and respect is the name of the game! Therefore, there is no need for physical or verbal abuse of one another.
9. Keep it clean – your language, that is!

The following behaviors and/or items are not tolerated at camp. Violation/possession may result in parent notification, dismissal from camp and/or exclusion from future camp programs:

- Disruptive behavior
- Dangerous or destructive behavior to self or others around you.
- Theft
- Dishonesty
- Ridicule
- Bullying of any sort, either physical or verbal
- Attempts to make other people's camp experience unpleasant
- Non-compliance to diabetes management guidelines
- Possession or use of alcohol, tobacco or illegal drugs
- Possession of knives, guns, weapons of any kind, and dangerous items

As we discussed in the CIT orientation, you and your fellow CITs will outline the week's agreement for checking with the CIT clinician and your diabetes management throughout the week. You will adhere to this agreement or be dismissed from the program.



Camp Kudzu at Camp Barney Medintz

We are so excited to be returning to the North Georgia Mountains! Camp Kudzu will once again be held at Camp Barney Medintz in Cleveland, GA. Camp Barney covers over 500 acres with two lakes, horseback riding trails, water skiing, hiking trails, ball fields, ropes course, tennis courts, archery range, fishing, a swimming pool and lots, lots more!

Camp Barney Medintz is a true **“rustic summer camp”**. The cabins are open-air cabins (similar to a screened porch). The mountain air does get cool at night, so you’ll want to be sure to bring a **warm blanket** and/or sleeping bag. The cabins for ages 10 and up are situated in living villages with a bathroom located in the center of the village. You’ll need **shower shoes** and a **robe** (a towel will not do) for those walks to the bathroom, as well as a **plastic or waterproof container** to carry your toiletry/shower supplies to the bathroom.

Your CIT will be doing a lot of walking throughout the week as he/she participates in all of the activities (between 2-4 miles per day). Your CIT will travel down dirt paths and gravel roads, exploring one end of camp to the other. **Light, summer clothing and comfortable walking shoes** (tennis shoes or hiking boots) are a must! Leave those fancy sandals and high heels at home. **All camp clothes must be tolerant of mud, water and fun!**



Directions to Camp Barney Medintz

DIRECTIONS TO CAMP BARNEY- Yes, you are going to check in directly at Camp Barney!

4165 Highway 129 North
Cleveland, Georgia 30528
(706) 865-2715

From GA-400 North

Take GA-400 North until it ends.

Continue going straight for about 5 miles on Long Branch Road (a two-lane road).

Turn Right at the light, onto Hwy 115.

Follow Hwy 115 to Cleveland (13 miles).

Turn Left at the square in Cleveland onto Hwy 129 North.

Camp Barney is 4 miles north of the Cleveland Square on Hwy 129 on the Left side of the road. (The camp entrance is easy to miss –it is next to a church on a hill with a large cross of shrubs.)

Drive down the camp road (approx. ½ mile) --park in the parking lot down on the left.

From I-85 North

Take I-85 North to the Gainesville Connector (I-985).

Take I-985 to Exit 24 –Jesse Jewell Hwy.

Take Hwy 129 North to Cleveland.

Camp Barney is 4 miles north of the Cleveland Square on Hwy 129 on the Left side of the road. (The camp entrance is easy to miss –it is next to a church on a hill with a large cross of shrubs.)

Drive down the camp road (approx. ½ mile) --park in the parking lot down on the left.

From Athens

Take Hwy 129 to Gainesville.

Continue on Hwy 129 North to Cleveland.

Camp Barney is 4 miles north of the Cleveland Square on Hwy 129 on the Left side of the road. (The camp entrance is easy to miss –it is next to a church on a hill with a large cross of shrubs.)

Drive down the camp road (approx. ½ mile) --park in the parking lot down on the left.

How to Contact Us at Camp Barney Medintz

Contacting us via telephone (only in the event of an emergency or other urgent matter): While we are at camp, you will be able to leave messages at the Camp Kudzu office. We spend most of our time at camp being *at camp* and away from the office. We will be checking voice mail periodically and will return your call as soon as possible. Non-emergency phone calls will be returned within 24-48 hours. You can also call Camp Barney directly and leave a message for us there.

PHONE NUMBERS:

-  Camp Barney Medintz Office: 706.865.2715
-  Camp Kudzu Main Office in Atlanta: 404.250.1811
-  Camp Kudzu Cell Phone: 404.405.1115

Check-In Information and Procedures

Arrival is Saturday (not Sunday), August 2nd at Camp Barney Medintz:

- Arrival time for CITs is **3:00 pm**. Please note: report directly to Camp Barney.
- Upon arrival, CITs will meet their CIT Unit Heads, as well as some of our medical team members and additional camp staff.
- You will need to drive all the way into camp (long gravel road) and stop at the indicated spot. Parking is very limited.
- All CITs must be checked in by a parent or guardian, as indicated on the CIT information forms previously submitted. The check in process will take approximately 30 minutes. Please plan this into your schedule- the process is more than a "drop off".
- CITs are not permitted to bring vehicles to camp and must be checked in by a parent or guardian.
- CITs will begin their camp program after that by jumping into the leadership program. It is going to be a busy, busy week.

IN HAND HAVE (OUTSIDE OF YOUR SUITCASE):

- 🍃 All medications- including prescription, vitamins, and over-the-counter medications in a clear bag
- 🍃 Inhalers and EpiPens so that medical staff may note the CIT's need and usage
- 🍃 Camp Kudzu Pre-Camp Log

HAVE PACKED (IN YOUR SUITCASE):

- 🍃 Pump supplies for the week- 8-10 sites changes.



Check-Out Information and Procedures

Departure is Saturday, August 9th at White County Middle School

283 Old Blairsville Road, Cleveland, GA 30528

- Please remember, you will need to bring photo identification with you in order for your CIT to be released to you.
- Parents will meet with clinicians, pick up supplies and medication, and review your CIT's weekly log.
- You will then present your photo ID, complete your check-out paperwork and reunite with your CIT!
- Before final departure, please check with your CIT to make sure you have ALL of your CIT's belongings and daily medications. Any forgotten items left at camp will NOT be held and will be given to charity or thrown away during camp clean-up.

CITs will leave with the younger cabins (9:00 am). The check-out times are divided into two slots:

9:00 am Younger cabins- (typically campers aged 8-12 years old) families are to arrive

10:45 am Older cabins-(typically campers aged 13-16 years old) families are to arrive



We look forward to seeing you at camp this summer!

Wednesday before camp

(Basal)Long Acting Insulin	12m	1a	2a	3a	4a	5a	6a	7a	8a	9a	10a	11a	12n	1p	2p	3p	4p	5p	6p	7p	8p	9p	10p	11p
Time	12:	1:	2:	3:	4:	5:	6:	7:	8:	9:	10:	11:	12:	1:	2:	3:	4:	5:	6:	7:	8:	9:	10:	11:
BG																								
Correction Dose																								
carbs	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/
(Bolus)Rapid Acting Insulin	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/

Notes:

Thursday before camp

(Basal)Long Acting Insulin	12m	1a	2a	3a	4a	5a	6a	7a	8a	9a	10a	11a	12n	1p	2p	3p	4p	5p	6p	7p	8p	9p	10p	11p
Time	12:	1:	2:	3:	4:	5:	6:	7:	8:	9:	10:	11:	12:	1:	2:	3:	4:	5:	6:	7:	8:	9:	10:	11:
BG																								
Correction Dose																								
carbs	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/
(Bolus)Rapid Acting Insulin	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/

Notes:

Friday before camp

(Basal)Long Acting Insulin	12m	1a	2a	3a	4a	5a	6a	7a	8a	9a	10a	11a	12n	1p	2p	3p	4p	5p	6p	7p	8p	9p	10p	11p
Time	12:	1:	2:	3:	4:	5:	6:	7:	8:	9:	10:	11:	12:	1:	2:	3:	4:	5:	6:	7:	8:	9:	10:	11:
BG																								
Correction Dose																								
carbs	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/
(Bolus)Rapid Acting Insulin	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/

Notes:

Saturday before arriving for check-in

(Basal)Long Acting Insulin	12m	1a	2a	3a	4a	5a	6a	7a	8a	9a	10a	11a	12n	1p	2p	3p	4p	5p	6p	7p	8p	9p	10p	11p
Time	12:	1:	2:	3:	4:	5:	6:	7:	8:	9:	10:	11:	12:	1:	2:	3:	4:	5:	6:	7:	8:	9:	10:	11:
BG																								
Correction Dose																								
carbs	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/
(Bolus)Rapid Acting Insulin	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/	/

Notes:

H (Humalog) A (Aspart-Novolog) P (Aprida) R (Regular) h-N (Hum-N) n-N (Nov-N) L (Lente) D (Detemir) U (Ultralente) G (Glargine-[Lantus])

Sensitivity (CF) _____ (dawn _____, Bed Time _____) Target _____

Camper Name: _____

I:C Ratio= _____ (B _____, L _____, D _____ bed time _____)