



# Day Camp Recommendations 2023

At Day Camp, the campers are extremely active throughout the day. In years past, there have been an abundance of low blood sugars causing most campers to sit out from activities more often than participating. We would like to share some recommendations to help prevent your child from going low and to enjoy Day Camp to the fullest.

- It is important that your camper eat a **good breakfast** every morning before camp.
- With the increased activity at camp, your camper may need **less insulin** coverage to prevent low blood sugar during, or after activities. Please discuss and strongly consider the following recommendations with your Endocrinologist:
  - a. A blood sugar target of **150** for **every meal** during the week of camp
  - b. Decreasing the **basal** insulin by **10%** for the full 24 hours, starting Monday morning through Saturday morning during the week of camp

It is important to note, parents **need** to make all insulin changes under the supervision of their child's endocrinologist. The nurses at Day Camp can give extra carbs for lows but **cannot** make any changes in the child's insulin regime while at day camp.

Please have your child's endocrinologist as well a parent sign below to show these recommendations have been acknowledged.

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ENDOCRINOLOGIST SIGNATURE

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DATE

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PARENT SIGNATURE

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DATE