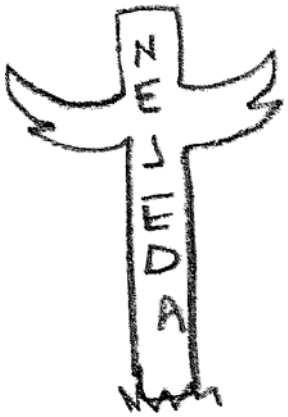
A TYPICAL DAY AT CAMP NEJEDA

6:30 ROAD RUNNERS (optional)
6:45 POLAR BEAR SWIM (optional)
7:00 SPECS & CABIN CLEAN UP
7:20 CARB COUNTS & SPECS SENT TO HC
7:45 INSULIN AT PICNIC TABLES
8:00 BREAKFAST
8:45 POST MEAL CARB COVERAGE
8:50 FLAG RAISING
9:00 1ST PERIOD
10:00 2ND PERIOD
11:00 CABIN TIME/SHOWERS
11:30 CARB COUNTS FIRST THEN LUNCH SPECS
11:50 CARB COUNTS & SPECS SENT TO HC
12:15 INSULIN AT PICNIC TABLES
12:30 LUNCH
1:15 POST MEAL CARB COVERAGE
1:30 3RD PERIOD
2:30 REST HOUR
3:30 4TH PERIOD
4:30 CARB COUNTS FIRST THEN LUNCH SPECS
4:50 CARB COUNTS & SPECS SENT TO HC
5:15 INSULIN AT PICNIC TABLES
5:30 DINNER
6:15 POST MEAL CARB COVERAGE
6:30 FLAG LOWERING & EVENING ACTIVITY
7:30 CABIN TIME/SHOWERS
8:30 SPECS
8:45 SNACK
9:00 BEDTIME INSULIN/TALKABETIC/AM CARBS
9:30 FIRST OD



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