



CAMPER PACKING GUIDE

Please put camper's name on all belongings in a small bag or backpack for use at the camp program. No money or valuables are to be brought with the camper to the program. Camp Neveda is not responsible for items lost, destroyed, or left at the program site. Camp Neveda provides all diabetes supplies except pump and CGM supplies. Please review the form Pumps, Pens and Non-diabetes medications (enclosed) for important information on bringing those items to camp.

All campers should bring sturdy tennis shoes AND socks for use during the majority of the day. Flip-flops can ONLY be used while walking to and from the pool and can NOT be worn as everyday footwear.

For South Jersey Day Camp Only: Campers should bring the following each day in a small bag or backpack: swimsuit (best to be worn under regular clothes, female staff and campers must wear a one-piece swimsuit), towel, and a change of clothes after the pool.

Campers should NOT bring: cell phones, swim fins, snorkels; candy, gum; knives, axes, and all cutting tools; matches, sparklers, caps, etc.; cigarettes, vapes, valuables and money. NO INSULIN OR MEDICATIONS are allowed with campers – they must be given to the nurse (who will always be at the program site).



A NOTE FROM THE MEDICAL COMMITTEE - DAY CAMPS

Camp Neveda's Health Center staff is committed to (1) helping each camper have an enjoyable recreational experience in a safe and healthy setting and (2) increasing the camper's knowledge about diabetes management. We believe that good diabetes control is important and necessary for children with diabetes; however, life at camp is very different from life at home (e.g. meals and activity level) and therefore, diabetes management in a camp setting can pose special challenges.

INSULIN DOSES: The medical staff usually prescribes different insulin doses at camp than those used at home. Since we are reviewing every camper's blood glucose (BG) levels daily, we sometimes achieve better control than is achieved at home. It is possible that, despite our best effort, BG control may not be as good as it is at home. No matter what, the Nurses and staff will provide real-time feedback to help the camper understand the causes and effects in diabetes management

SNACKS: Snacks at camp are chosen based on their carbohydrate and fat content and also the time of day the snack is given and planned camp activities. At times the campers will be offered snacks and food choices that may contain more carbs than what they are permitted at home.

SKILLS: The staff will assist campers who express an interest or appear ready to advance in their independent diabetes management skills, but no undue pressure will be applied.

INTAKE: When you bring your child to camp on Intake day you will meet with the medical staff. This is an opportunity to discuss any concerns or questions you may have regarding your child's diabetes care at camp. When you come to retrieve your child the medical staff will be available to review your child's diabetes record and answer your questions.

To protect all the campers we take each child's temperature and inspect them for lice and visible signs of infection on intake day. Any child with a fever or lice has to be sent home. (See Lice Policy form for details.)

SICK CALL: Should your camper have a non-emergency medical concern while at camp they can visit with a nurse at any time.

NOTIFICATION: An attempt to notify a camper's parent(s)/guardian(s) is made if a serious medical event occurs at camp. Notification may be done after the event is resolved, at the discretion of the HC staff. Events that warrant notification include (but are not limited to): a trip to the Emergency Room, serious hypoglycemia (involving a seizure, loss of consciousness), any condition requiring treatment with intravenous fluids or prescription medications.

Thank you,

The Medical Committee

updated 2019



HEAD LICE POLICY

WHAT ARE HEAD LICE?

Head lice are tiny insects that live in, and lay eggs (nits) on, human hair. Head lice are highly contagious and often spread throughout a class or grade before being discovered. The sharing of a comb or a hat or putting a child's head on someone else's pillow case is all it takes to spread head lice from one person to another. The presence of lice has nothing to do with cleanliness and does not reflect poorly on you as a parent.

OUR POLICY IS:

All campers are checked for head lice upon arrival at the Health Center on the first day of camp. Campers with head lice are not able to attend Camp Neveda. **Refunds can not be given.**

CHECK YOUR CHILD FOR HEAD LICE

Check your child for head lice ***before*** she/he comes to camp, especially if there has been an outbreak in their school system. It is advisable to check your child several weeks before camp because successful treatment can take several weeks.

Head lice themselves are not easily visible, but the nits (eggs) can be. Nits look much like spots of dandruff, but cannot be easily removed from the base of the hair they're attached to.

TREATING YOUR CHILD FOR HEAD LICE

Treatment needs to be performed at least two times a few days apart. Once to kill the living lice and again a few days later to kill lice that may have hatched since the first treatment. In addition to treating your child, wash bedding and clothing in hot water and dry on high for at least 20 minutes to kill possible "hitchhikers."

Ask your pharmacist, school nurse or physician for a treatment recommendation. There are nontoxic treatments available for head lice.

PREVENTING THE FURTHER SPREAD OF HEAD LICE

To prevent the re-infestation or spread of head lice you also need to check the rest of your household and alert anyone else your child might have had close contact with.



PUMPS, PENS AND NON-DIABETES MEDICATIONS

INSULIN PUMPS We try not to change Infusion sites during Day Camp. Please bring TWO change-outs to camp on intake day. Bring reservoirs, infusion sets, IV prep, dressings, and EMLA cream if used. Also bring extra batteries, your inserter; and anything else you use. Each camper's pump supplies are collected and labeled during intake and safely stored with medical staff. Unused supplies will be returned when come to collect your camper at the end of the week. *Please remember to pick up those supplies with your child so we don't have to charge you \$10 to ship them.*

PLEASE DO NOT ARRIVE AT CAMP NEEDING TO CHANGE YOUR PUMP SITE. Please change BEFORE or AFTER the camp day. Thanks!

INSULIN PENS: IF your child uses a pen with REFILL cartridges, please bring the PEN with you. It will be labeled with the camper's name and returned at the end of camp.

CONTINUOUS GLUCOSE MONITORS (CGMs): We try not to change CGM sensors during Day Camp. Please bring an extra sensor and any other supplies used for sensor changes (IV prep, skin-tac, dressings, etc.)

NON-DIABETES MEDICATIONS:

- No medications, including over-the-counter items and vitamins, are permitted in the camper areas.
- All medications must be brought to the health staff during Intake. They will be labeled and safely stored with them.
- All prescriptions must be in their original bottle with a pharmacy label. If the current dose does not match the dose on the label you must also bring a written note or prescription from the prescribing physician. Otherwise, we cannot accept/dispense it. (Please send a few extra pills for the session in case one is dropped.)
- All medications are dispensed by the medical staff.
- Over-the-counter (OTC, non-prescription) medicines (including vitamins) will NOT be administered at camp unless you provide a signed request from the child's physician that we do so.
- If your child takes allergy or asthma medication, PLEASE remember to bring it to camp even if he/she has not used it recently. Allergies may be triggered in the camp environment.

updated 2019



Camper Internet and Technology Policy

Camp Nejeda has been offering children and young adults living with diabetes fun activities since 1958. The Camp Nejeda Foundation's mission “is to enhance the lives of people with type 1 diabetes and their families through education, empowerment, camaraderie, supportive programs, and fun.”

It has been our experience that electronic devices that allow a camper access to the internet or allow a camper to watch videos take away from Camp Nejeda's ability to serve campers and, in some cases, prevent campers from having the positive experience that they deserve.

It is our decision and policy that campers should not have technology/devices that allow access to the internet, videos, and electronic games while at camp – this in addition to cell phones, which are already on the “do not pack” list sent to parents and campers (please refer to the CGM and Cell Phone Policy for exceptions). We believe that this policy and practice will:

- ✓ Encourage our campers to socialize with one another
- ✓ Give campers a much needed break from the world of technology
- ✓ Allow campers to fully embrace the connections they make with other campers
- ✓ Ensure that campers are not exposed to age-inappropriate material

Examples of technology/devices that should
NOT be brought to camp:

- ✓ Laptop computers
- ✓ iPod Touches or iPods with video
- ✓ Handheld game devices
- ✓ Cell phones (see CGM and Cell Phone Policy for exceptions)
- ✓ Devices that access the internet

Examples of technology/devices that are
ok to bring to camp - as long as they remain in the cabin and are used with permission:

- ✓ iPods without video
- ✓ mp3 player devices (without video)
- ✓ Music players
(with headphones and without video)

Camp Nejeda is not responsible for lost or stolen personal items. Therefore, it is recommended that valuables not be brought to camp. The permitted items listed above are simply that – permitted, not suggested.

At Camp Nejeda, we firmly believe that this policy will promote the beauty and experience of camp. It will also help to deepen the important relationships that are able to develop because of the simple fact that all of the campers have diabetes.

If you should have any questions, please do not hesitate to contact us at 973-383-2611 or information@campnejeda.org.