

## TYPICAL DAY AT CAMP

6:30 ROAD RUNNERS  
6:45 POLAR BEAR SWIM  
7:00 SPECS & CABIN CLEAN UP  
7:30 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 1<sup>ST</sup> PERIOD  
10:00 2<sup>ND</sup> PERIOD  
11:00 CABIN TIME/SHOWERS  
11:45 CARB COUNTS & LUNCH SPECS  
12:00 CARB COUNTS & SPECS SENT TO HC  
12:15 INSULIN AT PICNIC TABLES  
12:30 LUNCH  
1:15 POST MEAL CARB COVERAGE  
1:30 3<sup>RD</sup> PERIOD (POOL)  
2:30 REST HOUR  
3:30 HYDRATION STATION  
3:45 4<sup>TH</sup> PERIOD  
4:45 CARB COUNTS & DINNER SPECS  
5:00 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 CAMPER BEDTIME & OD  
11:30 SPECS  
12:00 STAFF CURFEW/LIGHTS OUT

