



CAMPER PACKING GUIDE

For everyday use at camp, **PACK OLD CLOTHES**. Please put camper's name on ALL articles. No money or valuables are to be left in camper cabins. Camp Nejeda is not responsible for items lost, destroyed, or left at camp. Camp Nejeda provides all diabetes supplies. Please review the form Pumps, Pens, and Non-diabetes Medications for important information on bringing those items to camp.

Campers in Session 2, 3, and 4 – for a fee – have access to laundry services. Campers should still pack enough of the following items to cover at least one week (two weeks when not planning on paying for laundry service). **The suggested number below is for TWO weeks.** Adjust down for one-week stays where possible.

CLOTHING

Shirts	14	_____
Sweaters/sweatshirts	4	_____
Shorts	8	_____
Jeans, pants	6	_____
Underwear	14	_____
Socks (pairs)	14+	_____
<i>You can never send enough socks!</i>		
Pajamas (1 warm)	4	_____
Swim Suits	2	_____
Banquet Clothing	1	_____
<i>An outfit to be worn on the last night of the session to a Banquet ceremony / Dinner Dance</i>		
Jackets (1 warm)	2	_____
Raincoat poncho	1	_____
Laundry bags	2	_____
Watershoes/Sandals (pair)	1	_____
<i>No flip-flops! (see note below)</i>		

CLOTHING (cont'd)

Shoes, Sneakers (pair)	2	_____
Hiking boots (pair)	1	_____
<i>For optional Appalachian Trail hike, Sessions 2, 3, 4 only</i>		

CABIN ITEMS

Storage Container	1	_____
<i>Clear is best to be able to see what is in container</i>		
Sheets (Twin)*	4	_____
Pillowcases	2	_____
Pillow	1	_____
Blankets	3	_____
Flashlight	1	_____
Batteries	6	_____
Tissues		_____
Small Battery-Operated Fan	1	_____

PERSONAL CARE

Face Cloths	8	_____
Towels	8	_____
Toothpaste		_____
Toothbrush		_____
Deodorant		_____
Shampoo		_____
Shower Caddy		_____

OPTIONAL

Swim goggles	1	_____
Sunscreen	1	_____
Bug Repellent	1	_____
Sleeping Bag*	1	_____
<i>*For campout</i>		

PLEASE BRING A WATER BOTTLE LABELED WITH YOUR CAMPER'S NAME.

*For sanitary reasons we ask that sleeping bags NOT be used instead of bunk linen. Sleeping bag is used for an evening campout during each session.

NOTE: If a sandal can be bent in half it is not sturdy enough to be worn at camp. Sandals AND Crocs may be worn at camp and are SAFEST if they have a heel strap. **Flip-flops CANNOT be worn as normal footwear at Camp Nejeda and may ONLY be worn for showering and the pool.**

OPTIONAL

Fishing gear, Bicycle with helmet, Personal Sporting Equipment, Swim Goggles, Games and Books

*If you would like to receive mail from your camper please send self-addressed, stamped envelopes and/or postcards. This is a big help to your camper's counselor. **Write early and often, please put cabin and spec number on all letters and packages to your camper. This is your child's ID number at camp. You will receive this number on Intake Day. You may send mail prior to your camper's session. Please mark with your camper's name and session.**

NOT ALLOWED AT CAMP

The following items will be taken away and kept in the office: cell phones; smart watches; rollerblades; skateboards; swim fins, masks, and snorkels; food, candy, gum; knives, axes, and all cutting tools; matches, sparklers, caps, etc.; cigarettes, valuables, and money.

NO INSULIN OR MEDICATIONS ARE ALLOWED IN CAMPER CABINS.



A NOTE FROM THE MEDICAL COMMITTEE 2023

Camp Neveda's Health Center staff are committed to (1) helping each camper have an enjoyable experience in a safe and healthy setting and (2) increasing the camper's knowledge about diabetes management. Good diabetes control is important 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. We recognize that we cannot always customize the management of your child's diabetes at camp as well as you do at home and we continue to do the best we can.

INSULIN DOSES: The medical staff usually prescribes lower insulin doses at camp than those used at home. Since we review every camper's blood glucose (BG) levels at least 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. Regardless, the Health Center staff (nurses and doctors) will provide real-time feedback to help the camper understand the causes and effects in diabetes management. We give the insulin for food before the meals, which is best for diabetes control. Each camper is shown a menu and asked what s/he plans to eat. If s/he eats more than planned, additional insulin is given after the meal.

HYPOGLYCEMIA TREATMENT: When a camper's glucose is low (less than 70 daytime, less than 100 nighttime), we use a standard treatment protocol for all campers. The camper is given glucose tablets (juice overnight) followed by a complex carbohydrate snack. For those in closed loop mode on a closed loop pump, we use a reduced treatment protocol. We cannot customize treatment for individual campers except in cases where there are medically documented dietary restrictions, e.g. gluten free. If your child experiences a hypoglycemic event while at camp and requires glucagon, we will be administering whichever type of glucagon is most readily available at the time and will notify you about the event.

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. When a child demonstrates a new skill, such as using a new site, they are recognized by the camp at the next meal as a "sharp shooter".

INTAKE: When you bring your child to camp on Intake day you will meet with the Health Center staff. This is an opportunity to discuss any concerns or questions you may have regarding your child's care at camp. When you retrieve your child the Health Center 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 Head Lice Policy form for details.)

The Health Center is staffed 24 hours a day and is able to handle everything from minor injuries to true emergencies should they arise. You can call the Health Center phone 973 383-8556 any time to check on your child's diabetes status, but you may have to leave a message if no one can answer your call immediately. Your call will be returned within 18 hours. For questions other than medical care, please call the main office 973 383-2611.

NOTIFICATION: Either a doctor or nurse will notify the camper's parent(s)/guardian(s) 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 Urgent Care or the Emergency Room, serious hypoglycemia (involving a seizure or loss of consciousness), severe ketoacidosis or dehydration, the need for prescription medication, any illness requiring an overnight stay in the Health Center or any medication error more serious than a minor insulin miscalculation.

Thank you,
The Medical Committee 2023

Revised 11/2022



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.

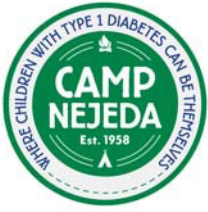
TREATING YOUR CHILD FOR HEAD LICE

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.



MEDICAL SUPPLIES PACKING GUIDE 2023

ALL OF THESE SUPPLIES & MEDICATIONS MUST BE BROUGHT TO THE HEALTH CENTER DURING THE INTAKE PROCESS SO THEY CAN BE PROPERLY LABELED AND STORED.

INFUSION SITES are changed every three days at camp. Please bring TEN (five for the one-week sessions) 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. Unused supplies will be returned when you come to pick up your camper. *Please remember to get those supplies when you pick up 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 on intake day. Please change it Saturday or Sunday before you come to camp.

INSULIN PENS: If your child uses a pen with refill cartridges (ex: NovoPen Echo, HumaPen Luxura, InPen) please bring the PEN with you. It will be labeled with the camper's name and returned at the end of camp.

INSULIN: Camp will supply most types of common insulin. If your camper is using a new or unusual form of insulin, please contact Camp Neveda before arriving to determine if you need to bring your insulin.

CGMs: You will need to bring all supplies needed to manage & maintain your child's CGM. This includes: at least 3 sensors (more if they fall off frequently), 1 extra transmitter, tape/adhesives, receiver (if used), phone charging cord & block. The receiver, phone and all cords and blocks must be labeled with camper's name prior to coming to camp. *We do not have extra CGM supplies to lend to campers. If your camper runs out of supplies while at camp we will discontinue use of the CGM.*

NON-DIABETES MEDICATIONS:

- **No medications, including over-the-counter items and vitamins, are permitted in the camper cabins except asthma inhalers.**
- 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.
- **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 (see *Administration of Medications at camp* form).
- If your child takes allergy or asthma medication, **please** remember to bring it to camp (with a doctor's order) even if he/she has not used it recently. Allergies may be triggered in the camp environment.

Revised 11/2021



Camper Internet and Technology Policy

Camp Neveda has been offering children and young adults living with diabetes fun activities since 1958. Camp Neveda 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 Neveda'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 Policies for exceptions)
- ✓ Devices that access the internet (including smart watches)

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 Neveda 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 Neveda we firmly believe that this policy will promote the beauty and experience of camp. It also helps 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.



DIRECTIONS to Camp Nejedá

(some directional programs may require the use of 07860 [Newton] as the zip code)

A. From Interstate 80 heading WEST.

(Morristown, NJ, New York City and points East)

1. I-80 West to Exit 25, Route 206 North.
2. **Go to C below.**

B. From Interstate 80 heading EAST

(Stroudsburg, PA and points West)

3. Follow I-80 ~4 miles into NJ to Exit 4C, Route 94 North.
4. **Go to F below.**

C. From Route 206 heading NORTH

(Andover, NJ and points South)

5. Proceed on Route 206 North through the town of Andover to Springdale about 9 miles from I-80. There is a traffic light there. Rt. 611 enters from the left, Stickles Pond Road enters from the right (Safelite Auto Glass is on your right.)
6. Proceed through the traffic light a very short distance and turn LEFT in front of the A&B Deli onto Fredon Road / Route 618.
7. Follow Fredon Road/Rt. 618 (which becomes Springdale-Fredon Road then Willows Road) to the end. Turn LEFT onto Rt. 94 South.
8. **Go to E below.**

D. From Route 206 heading SOUTH

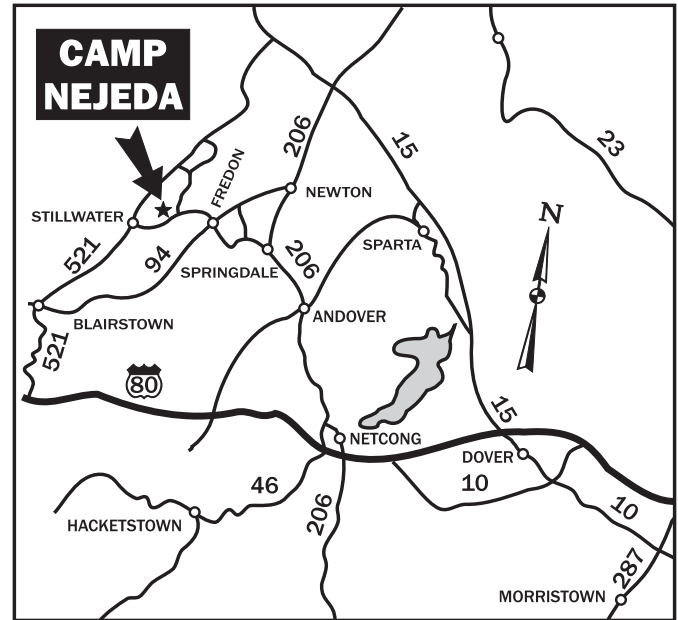
(Branchville, NJ and points North)

9. Proceed on Route 206 South into downtown Newton.
10. Bear RIGHT onto Route 94 South.
11. **Go to E below.**

E. From Route 94 heading SOUTH

(Fredon, NJ and points North)

12. Follow Route 94 south to traffic light at Stillwater Road/ Route 610 (on right) / Phil Hardin Road (on left) in Fredon, NJ. (~3 miles south of Newton Memorial Hospital. ~1 mile south of Route 618).
13. Turn RIGHT onto Stillwater Road / Route 610.
14. After ~2 miles bear LEFT at the fork staying on Route 610. (notice County garages in front of you at Y intersection)
15. After ~1 mile turn RIGHT onto Saddleback Road. (beige farm with green roof on right)
16. Note: Road turns left after second house on left side. Camp Nejedá's entrance is on your left immediately after the second bridge.



F. From Route 94 heading NORTH

(Blairstown, NJ and points South / West)

17. Follow Route 94 NORTH to second traffic light in Blairstown (downtown).
18. Turn LEFT, then immediately a sharp RIGHT onto Route 521 North (you will pass an ambulance building on the right).
19. Follow Route 521 several miles into Stillwater to a "T" intersection.
20. Turn LEFT, staying on Route 521.
21. Follow Route 521 ~½ mile to your first RIGHT, Saddleback Road.
22. Turn RIGHT onto Saddleback Road and continue to the first bridge.
23. Camp entrance is directly in front of you before crossing the bridge.

G. From Route 22 heading EAST

(Phillipsburg, NJ / Easton, PA and points West / South)

24. Follow Route 22 through Phillipsburg to Route 57.
25. Follow Route 57 to intersection with Route 519.
26. Turn LEFT onto Route 519 North to Hope, NJ.
27. At traffic light continue straight onto Route 521 (Route 519 will turn Right).
28. Follow Route 521 to STOP sign at Route 94.
29. Turn LEFT onto Route 94 South / Route 521 North.
30. At traffic light make HARD RIGHT to stay on Route 521 North.
31. **Go to F-19 above.**

PO Box 156 • 910 Saddleback Road • Stillwater, NJ 07875-0156

Phone: (973) 383-2611 • Fax: (973) 383-9891 • E-mail: information@campnejeda.org



NUTRITION AND DIET POLICY 2023

Camp Nejedá has established these policies to enable us to expediently provide food for about 80 campers and 60 staff during each camp session. We try hard to accommodate each person's needs, but it is impossible to accommodate everyone's preferences.

1. The camp will not purchase any specialized foods except to accommodate those with Celiac Disease or lactose intolerance. We routinely have gluten free and lactose free foods and do not have room to store any additional family-supplied foods.
2. The camp will only accommodate food allergies if a note from a licensed physician is provided to us.
3. Due to some participants having severe allergies, please remember that our campus is COMPLETELY PEANUT FREE. No food or drinks containing peanuts will be permitted on campus.
4. You MAY NOT bring outside foods to camp unless they are to accommodate a food allergy documented on a note from a licensed physician AND discussed with the camp dietitian at least 1 week prior to your camper's arrival. We do not have the storage space to hold extra food.
5. We treat low blood sugars with glucose tablets, apple or grape juice, cheese crackers or a gluten free/lactose free alternative or Carnation Instant Breakfast depending on the circumstances and the time of day. Low blood sugars are medical emergencies and we cannot accommodate taste preferences in these situations.
6. For picky eaters, we will be offering the following alternatives at each meal along with the regular menu options and salad bar at lunch and dinner.
 - o Breakfast: cereal, yogurt, fruit, milk, packaged oatmeal, bread
 - o Lunch/Dinner: cottage cheese, beans, bread (with butter, sun nut butter, and/or jelly), at least one of the following: egg, tuna, or chicken salad
7. For vegetarians, the only options available besides menu options will be the above and veggie sausage patties, veggie burgers, and black bean burgers.
8. Religion-based food preferences will be respected and allowed at camp. However, we will not provide these foods (Kosher, Halal, etc.) and cannot provide separate cooking facilities for these foods. If you have a religious dietary preference that you would like to be observed at camp, you must provide your own food including all carbohydrate counts and ingredients clearly labeled. If you plan to bring your own food, you must also speak with the dietitian at least 1 week prior to your camper's arrival.
9. As there is unsubstantiated evidence of the safety and efficacy of very low/no carbohydrate diets (specifically, with regard to avoiding severe hypoglycemia in a residential camp setting) we cannot support the implementation of these types of diets at camp. Meals and snacks at Camp Nejedá follow nutritional guidelines set by the American Academy of Pediatrics to include a variety of fat, protein, and carbohydrate-containing foods to support optimal blood glucose levels and fuel increased activity levels at camp. Your child may attempt to adhere to such a diet as much as s/he can within the constraints of the food choices available, but the camp staff will not be able to assist.

revised 1/2022



Closed-Loop Insulin Pumps 2023

This guideline and procedure is intended to assure the safety of children with closed-loop insulin pumps. Closed-loop pumps (CLP) are a major advance in technology that promotes the health of those with diabetes.

1. Whenever the pump alarms the camper must notify the counselor or Health Center staff.
2. The insulin delivered by the CLP is determined by individual's recent insulin. The vast majority of children need 10%-30% less insulin at camp than at home because of the higher activity level. Pump settings will be adjusted accordingly at intake.
3. We have Technology Facilitators at camp who are very familiar with diabetes technologies and they are available to handle problems 24/7.
4. Some CLPs are not FDA approved, e.g. "DIY closed loop systems." While a family may have become very comfortable with an unapproved device, we cannot risk the possibility of an unproven device having a dangerous malfunction at camp. Any such device must be used in manual mode at camp.

Revised 11/2021