



## Camp Seale Harris Birmingham Day Camp Additional Information

**The Blood Sugar and Insulin Record should be brought to camp with your child.** Use this form to keep a record of your child's blood sugars and insulin dosages for the week prior to coming to camp. This is very important information about how blood glucose levels have been running and current treatment and will help us understand more about your child's diabetes.

**Also included in the packet is a "What to Bring to Camp" list and driving directions to camp.**

**Check-in dates and times - Please note that some days have different times and locations!:**

**Monday, July 10** - Please arrive at the Samford University Soccer/Track Stadium (across the road from the main Samford University between 8:00am-8:45am for check-in. Please be on time! Our bus to the Girl Scouts Kanawahala Program Center (where our activities will take place) leaves shortly afterward. -- Please note that camp personnel will not be onsite until 8:00am for check-in! *You can pick up your camper(s) at 5:15pm at the Samford University Soccer/Track Stadium on Monday.*

**Tuesday, July 11-Friday, July 14** - Please arrive at the Samford University Soccer/Track Stadium (across the road from the main Samford University between 7:30am-8:00am for check-in. Please be on time! Our bus to the Girl Scouts Kanawahala Program Center (where our activities will take place) leaves shortly afterward. -- Please note that camp personnel will not be onsite until 7:30am for check-in! *You can pick up your camper(s) at 5:15pm at the Samford University Soccer/Track Stadium on each of these days.*

- **Lunch and snacks will be provided each day.**

### **Directions to CSH Birmingham Day Camp**

Bus transportation will be provided at:

**Samford University Soccer/Track Stadium**

(across the street from main university)

600 University Park Place

Birmingham, AL 35209

Directions from Interstate 65 North:

Take exit 255 (Lakeshore Drive). Turn right onto W Lakeshore Drive for approximately 1.5 miles. Turn right onto University Park Place. Keep right and the stadium and parking lot will be on the left side of the road.

Directions from Interstate 65 South:

Take exit 255 (Lakeshore Drive). Turn left onto W Lakeshore Drive for approximately 1.7 miles. Turn right onto University Park Place. Keep right and the stadium and parking lot will be on the left side of the road.

## **What to Wear and What to Bring to CSH Birmingham Day Camp**

**What to Wear Each Day:** Please wear comfortable clothing such as shorts, jeans, T-shirts, etc. Activities will be conducted inside and outside throughout the day. Please wear clothes that will not be hurt if soiled. Please put your child's name on all belongings. **Tennis shoes with socks are required.**

**Bring a Swimsuit, Towel, and Flip Flops/Watershoes:** Due to the type of water activities we recommend tankinis/one-pieces for girls and swim shorts (not speedo) for boys. If your child burns easily a rash guard (swim shirt) would also be a great choice. Put your child's name on all belongings.

**Lifejacket:** Please send a lifejacket with your camper if they can not swim or are more comfortable with one.

**Prescription Medications:** Turn in to the nurse each day at check in. Bring in original container labeled with child's name, drug name, dosage, physician's name, and pharmacy name and phone number.

**Insulin Pump, CGMs, Equipment and Supplies:** If your child uses an insulin pump or continuous glucose monitor, you will need to bring 2-3 sets (these will be extra sets just in case), syringes, IV prep, tape/adhesive/etc. for sets, set injector if used, spare batteries, and anesthetic crème, if used (camp will provide insulin, if needed). These supplies should be in a bag marked with the **child's name in bright bold letters**. *(If using a cell phone as a receiver please see below. \*)*

### **What Not to Bring**

Blood Glucose Monitors or Strips (provided by camp) Insulin

Pens, syringes, insulin vials (provided by camp)

Electronic Toys

Cell Phones, pagers, or other communication devices. *\*Day campers using CGMs may have their cell phones but only for the CGM function (they are not allowed to use their phone for other purposes) and the Share/Follow functions will be turned off during camp hours.*

Any form of tobacco/nicotine (chewing, smoking, or vaping)

Alcohol or non-prescribed drugs/medications (without a physician's note).

A physician's note must accompany any over-the-counter medication including pain relievers, allergy medication, vitamins, supplements, etc.

NOTE: As we all know, working with numerous children, we as staff and counselors cannot always keep up with each child's personal belongings. It is better to leave these items at home.