Camping At NorthBay
With Diabetes

MOST Important

- Make sure to go over EVERYTHING on this sheet with your child before he/she comes to camp
- Please make sure he/she understands how to count carbohydrates if necessary
- Make sure your child can recognize signs and symptoms of a low and high blood sugar and to report any experience of these to an adult
- Make sure to teach the importance of reporting the correct blood sugar to the nurse

Remember To Bring

- More than enough lancets and test strips for the duration of camp
- Keytone strips (make sure they are not expired)
- Glucagon (not expired)
- Insulin
- Syringes and needles or an insulin pen
- Infusion sets for pumps

Medication Information

- Complete the NorthBay medication forms both prescription and over the counter medications, these must be signed by a doctor
- All medications must be in the original package with prescription label & manufacturer label intact
- If the child has a health plan or 504 plan, please send it as well
- If all forms, labels, and supplies are not received by dinner on arrival day, your child may be sent home for safety reasons

Carbohydrate Counting

- Your child must keep track of what he or she eats at all meals if they are on a carb count
- Adults do not sit with kids during meal times
- Carb count is done during/after a meal, it is not approximated before meals
- Your child may keep a snack on them if necessary and extra snacks should be kept in the Wellness Center

Checking Blood Sugars

- When your child checks his/her blood sugar, the nurse must view the meter before the machine is turned off
- If a child’s blood sugar is high at bedtime, a re-check will be done at midnight
- If a midnight blood sugar is high, a re-check will again be done at 3am

We appreciate all of your help and cooperation!