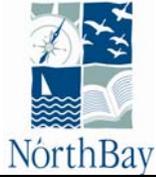


Camping At NorthBay



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!