

**Camp Seale Harris
Teen Leadership Forum 2018**

What to Bring

Blood Sugar and Insulin Record

Jeans, shirts, underwear, socks, robe, pajamas, and slippers. We recommend 4 changes.

Warm clothes for the weather including warm coat or jacket, long johns, wool socks, toboggan, and gloves. Activities are OUTDOORS!

Two pair of comfortable closed toed shoes, boots, or tennis shoes required for all outdoor activities.

Bedding-sheets, warm blankets, sleeping bag, and pillow.

Shower shoes or flip flops

Towels, soap, and washcloth.

Raincoat or poncho (optional)

Laundry/plastic bags labeled with name

PLEASE NOTE: TOWELS, SHEETS, AND PILLOWS ARE NOT FURNISHED!

We recommend that your child's name be written inside his/her clothing and on other possessions.

What not to Bring

Insulin, syringes, and testing supplies. These will be supplied by CSH.

DO NOT BRING cell phones, any form of tobacco, alcohol, or unprescribed drugs/medications.

Calls to Camp—In the event of a true emergency, or to update arrival/departure plans, you may contact John Latimer (Camp Director) onsite at Camp Chandler by calling 205-402-0415.

Check In—Check in for campers will be on Friday from **6:30 PM–8:00 PM** in the **Chapel**. Please plan to eat dinner **prior** to checkin.

Check Out — **Campers will check out on Monday at 2:00 PM. Parent program will begin at 12:30 PM.**

Check out WILL NOT begin before the scheduled check out time.

Lunch WILL be served on Monday, prior to final clean up and check out.

Flashlight and extra batteries

Toiletries, including toothbrush, toothpaste, shampoo, deodorant, and bug spray.

Prescription medications, excluding insulin. Parents are to bring prescribed medications to registration. Medications will be kept in the Infirmary. Please bring medications in their original container labeled with child's name, drug name, dosage, physician's name, pharmacy name, and phone number.

Insulin pump and continuous glucose monitoring system equipment and supplies. If camper uses a pump and/or CGMS, bring sets, syringes, IV prep, tape for sets, set injector if used, spare batteries, and anesthetic cream, if used. A protective case for the pump may be brought to prevent damage.

Over-the-counter medications must be accompanied by a physician's note. This includes pain relievers, allergy medications, vitamins, supplements, etc.

**Camp Seale Harris Teen Leadership Forum
YMCA Camp Chandler
1240 Jordan Dam Road
Wetumpka, AL 36092**

From Birmingham, AL

Take US Hwy 280 Southeast to Sylacauga. Take the **US-231/AL-21** ramp to **Sylacauga/Montgomery/AL-231**. At the end of the ramp, turn right onto **US Hwy 231 South**. Follow US-231 South approximately 36 miles. Turn right onto Old Hwy 231 (YMCA Camp Chandler sign) and turn/bear right onto Jordan Dam Road (follow YMCA Camp Chandler signs). 1 hour and 38 minute trip.

From Montgomery, AL

Take US-231 North to Wetumpka. From Wetumpka, continue to follow US 231 North about 7 miles. Turn left on County Road 222/Copeland Road (YMCA Camp Chandler sign). Bear right to stay on Copeland Rd. Go approximately ½ mile and turn/bear right onto Old Hwy 231 (follow YMCA Camp Chandler signs). Bear left onto Jordan Dam Road. 40 minute trip.

From Mobile, AL

Take I-65 top Montgomery. Take Exit 173 for North Boulevard/US 231 North. Merge onto to North Blvd. Take the **US-231 N/AL-21 N** ramp to **Wetumpka/Maxwell AFB/Gunter Annex**. Keep left at the fork, follow signs for **US 231 N/Alabama 21 N**. Turn left onto **US Hwy 231 North/Cong W L Dickinson Dr**. Continue to follow AL-21 N/US-231 N for 16.5 miles, through Wetumpka. Turn left on County Road 222/Copeland Road (YMCA Camp Chandler sign). Bear right to stay on Copeland Rd. Go approximately ½ mile and turn/bear right onto Old Hwy 231 (follow YMCA Camp Chandler signs). Bear left onto Jordan Dam Road. 3 hour trip.