



## Coastal Camp Seale Harris 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 date and time:**  
Sunday, July 21, 1:30 PM – 3:30 PM  
Please note that camp personnel will not be onsite until 1:30 AM
- **Check out date and time:**  
Friday, July 26, 11:00 AM – 12:00 PM  
Check out WILL NOT begin before the scheduled check out time.
- **Camp Seale Harris activities are held at - Camp Grace, 11081 Wanda Drive, Mobile, AL 36608** From I-65, take the Airport Hwy Exit #3 / CR 56 West, and go 10.3 miles. Turn right on Eliza Jordan Road, South, and go 1.3 miles. Turn left on Elnina Drive. Stay straight to go onto Wanda Drive. Camp Grace is at the end of Wanda Drive.

Limited transportation is available for overnight campers living in or near Pensacola. If you need to take advantage of this opportunity, please contact our office at 205-402-0415 or [info@campsealeharris.org](mailto:info@campsealeharris.org).

**Southeastern Diabetes Education Services  
Coastal Camp Seale Harris 2019**

**What to Bring**

**Blood Sugar and Insulin Record**

Short pants, jeans, shirts, underwear, socks, robe, pajamas, and slippers. We recommend a change of clothes for each day, plus one or two extra changes.

Two swim suits. We recommend one-piece suits that provide a reasonable amount of coverage. In addition to swimming, campers sometimes prefer showering in their swim suit.

Two pair of comfortable shoes - leather shoes, boots, or tennis shoes

Water shoes for water activities (optional)

Shower slippers or flip flops

Raincoat or poncho (optional)

Laundry bag (or plastic bags) labeled with child's name

Flashlight and extra batteries (optional)

Stationery and stamped envelopes for letters home (optional)

Toiletries, including toothbrush, toothpaste, soap, shampoo, deodorant, sunscreen, 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.

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

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.

If your camper uses a CGM, bring the receiver as cell phones are not permitted at camp. If you have questions, contact the camp director.

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

NOTE: ALL LINENS, INCLUDING TOWELS, SHEETS (twin size), AND PILLOWS WILL **NOT** BE FURNISHED. YOU NEED TO BRING THESE ITEMS.

**Do NOT Bring**

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

**DO NOT BRING** cell phones (CGM receivers bring receiver), any form of tobacco, alcohol, or unprescribed drugs/medications (without physician's note).

**Calls to Camp** | If needed, you may call the camp office to ask about your child. If it is not an emergency, we ask that you call between 9:00 AM and 5:00 PM. The office telephone number is 850-312-8849 or 205-402-0415.

**Camp Theme!!!** – This year's camp theme is "Decades" - for our end of the session activities, dress up and represent your (or your parent's) favorite decade from the past or present! If you have questions, please don't hesitate to contact our office.