



Camp Seale Harris Junior Camp Important 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.

- **Check in dates and times:**

Junior Camp - Sunday, June 9 1:30 PM – 3:30 PM

Please note that camp personnel will not be onsite until 1:30 PM.

- **Check out dates and times:**

Junior Camp - Friday, June 14 10:00 AM – 11:00 AM.

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

Lunch WILL NOT be served on the day of camper check out.

Staff will vacate camp immediately following check out.

Camp Seale Harris Junior Camp 2019

What to Bring

Blood Sugar and Insulin Record

Short pants, jeans, shirts, underwear, socks, 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.

We recommend two pair of comfortable shoes - leather shoes, boots, or tennis shoes.

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

Water shoes for the pool, water slide, and water games (optional)

Shower slippers or flip flops

Raincoat or poncho (optional)

Flashlight and extra batteries (optional)

Stationery/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. If prescriptions are accidentally left at home, a Wal-Mart pharmacy is located in Alexander City. Parent/Guardian is responsible for the purchase of prescription medications.

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 CGM, 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, AND PILLOWS WILL BE FURNISHED. YOU MAY BRING YOUR PERSONAL PILLOW AND/OR SLEEPING BAG, IF YOU PREFER.

Do NOT Bring

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

DO NOT BRING cell phones (CGM users bring receiver), any form of tobacco, alcohol, or unprescribed drugs/medications. ALL camper and staff medications, both prescription or over-the-counter, must be kept with medical staff at camp (they may not be kept in the cabins).

Mail Mail may be sent to your child at: **Camp Seale Harris, c/o Camp ASCCA, PO Box 21, Jackson's Gap, AL 36861.** DO NOT send to the Birmingham address. You may consider sending a letter two-three days before your child arrives at camp, or plan to leave mail at check-in to be delivered during camp.

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 4:30 PM. The office telephone number is 205-402-0415.

Camp Theme!!! – This year's camp theme is "Decades" - for our end of the session activities (like the banquet), 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.



Camp Seale Harris at Camp ASCCA, Lake Martin

GPS Address:

5278 Camp ASCCA Drive

Jackson's Gap, AL 36861

Directions from:

Birmingham

Follow US 280 East from Birmingham through Alexander City. After passing over the Tallapoosa River Bridge, continue approximately 3 miles and turn left on Jackson's Gap Way. After 1 mile, turn left on Main Street; after 0.6 miles, turn left on Rock Springs Road; after 2.1 miles, turn left on Camp ASCCA Drive. Continue on Camp ASCCA Drive for 4.7 miles. (1.5 – 2 hour trip).

Montgomery, AL

Take I-85 North 32 miles to the Franklin Exit #32 (AL Hwy 49). Travel 31 miles to Dadeville, and turn left onto US Hwy 280 West. Travel approximately 3 miles, and turn right onto Main Street (County Road 57). After 1.5 miles, turn right onto Abbott Drive; after 0.2 miles turn right onto Rock Springs Road; after 2.1 miles, turn left onto Camp ASCCA Drive. Continue on Camp ASCCA Drive for 4.7 miles. (1.5 hour trip).

Columbus, GA

Take US Hwy 280 West through Phenix City, Opelika, and Dadeville. Travel approximately 60 miles. Turn right onto Main Street (County Road 57). After 1.5 miles, turn right onto Abbott Drive; after 0.2 miles turn right onto Rock Springs Road; after 2.1 miles, turn left onto Camp ASCCA Drive. Continue on Camp ASCCA Drive for 4.7 miles. (1.5 hour trip).

Atlanta, GA

Take I-85 Southwest to the Opelika Exit # 58 in Alabama (US Hwy 280). Follow Hwy 280 for 30.2 miles through Opelika and Dadeville. Turn right onto Main Street (County Road 57). After 1.5 miles, turn right onto Abbott Drive; after 0.2 miles turn right onto Rock Springs Road; after 2.1 miles, turn left onto Camp ASCCA Drive. Continue on Camp ASCCA Drive for 4.7 miles. (2.5 hour trip).