



CAMP SEALE HARRIS

SOUTHEASTERN DIABETES EDUCATION SERVICES

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. If your camper is on a pump/sensor you may print the information to use instead of the form. Please be sure all information from the form is included

- **Check in dates and times:**

Junior Camp - Sunday, June 11 1:00 PM – 3:30 PM

To reduce the time you are waiting at camp before check-in, a specific check in time will be sent by email closer to check in day.

If you do not receive a specific time by May 25, please call the office at 205-402-0415.

Please note that camp personnel will not be available to begin check-in until 12:30 PM. Having families on-site before 12:30pm delays the start of our check-in process. Please do not arrive prior to this time!

- **Check out dates and times:**

Junior Camp - Friday, June 16 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 leave camp immediately following check out. Please be on time!

THEME

All Roads Lead to Camp Seale Harris

This year we are celebrating where our campers come from and how they got to Camp Seale Harris! Campers and staff can dress up to represent their hometowns with their costumes. This could be a school t-shirt, a sports team jersey, something their town is known for, etc. The opportunities are endless!

Every year we have a theme where campers can dress up if they would like. This is always optional. This year's theme is quite easy to dress up with what you have at home. Creativity is always welcome!

They have the option to dress up in their costume for the Banquet and dance if they occur on the same night. They generally have time to change between the banquet and dance should they want to put on nice clothes for the dance.

CAMPER PACKING LIST

For everyday use at camp, PACK OLD CLOTHES. Please put camper's name on ALL articles. No money or valuables are to be left in camper cabins. Camp Seale Harris is not responsible for items lost, destroyed, or left at camp. Please see next page for what diabetes/medical supplies we provide and what you need to pack.

Please be sure to pack enough for an entire week of clothes plus a few extras, especially extra socks! (no one likes soggy feet!) Recommended number is one outfit per day plus 2-3 extra. Numbers listed below are recommendations only.

CLOTHING

Shirts	8	_____
Sweatshirt/Jacket	1	_____
Shorts	8	_____
Underwear	8	_____
Socks (pairs)	8+	_____
<i>You can never send enough socks!</i>		
Pajamas	1	_____
Swim Suits(see note)*	2	_____
FlipFlops/Watershoes (for showering and water activities)	1	_____
Raincoat/poncho	1	_____
Laundry bag	1	_____
Close-toed Shoes, Sneakers (pair)**	2	_____

CABIN ITEMS

Sheets/Sleeping bag***	1	_____
Pillowcase	1	_____
Pillow	1	_____
Blanket	1	_____
Flashlight	1	_____
<i>With extra batteries</i>		
Water Bottle	1	_____
<u>PERSONAL CARE</u>		
Washcloth	1	_____
Towels	2	_____
<i>Will be needed for showering and water activities</i>		
Toothpaste	1	_____
Toothbrush	1	_____
Deodorant	1	_____
Shampoo/Conditioner	1	_____
Soap	1	_____
Brush/Comb	1	_____

OPTIONAL

Swim goggles	1	_____
Sunscreen	1	_____
Bug Repellant	1	_____
Costume(Banquet/Dance)	1	_____
Nice Clothes (Banquet/Dance)		_____
	1	_____
Jeans, pants	1	_____
Small Battery-Operated Fan	1	_____
Shower Caddy		_____

DIABETES SUPPLIES

Pump Site Change Sets	5/+	_____
<i>This includes anything you use during a site change which may include the following: site, tubing, cartridge, syringe to fill cartridge, skintack, GrifGrips/tape, numbing cream, etc.</i>		
CGM Sites	2-3	_____

(See next page for more medical/diabetes supply details)

*Due to the type of water activities we recommend tankinis/one-pieces for girls and swim shorts (not speedo) for boys. If your child burns easily a rash guard (swim shirt) would also be a great choice.

**Campers will be walking and running during many activities and must have close toed shoes such as sneakers that will not fall off or cause injury to their feet while being active.

***Beds are twin size but larger sheets tuck under the mattress just fine. If your child has a tendency to wet the bed, sheets and a blanket are much easier to wash and dry.

PLEASE BRING A WATER BOTTLE LABELED WITH YOUR CAMPER'S NAME.

OPTIONAL

Games (non-electronic) and Books. Campers will have a rest period each afternoon that these are great to have.

*If you would like to receive mail from your camper please send self-addressed, stamped envelopes and/or postcards. This is a big help to your camper's counselor. **Write early and often, please put cabin # on all letters and packages to your camper. You can leave mail/packages at check-in (highly recommended vs mailing). Please mark with your camper's name, cabin #, and session.** The mailing address is **Camp Seale Harris, c/o Camp ASCCA, PO Box 21, Jackson's Gap, AL 36861 (not the Birmingham Office address)**

NOT ALLOWED AT CAMP

The following items will be taken away and kept in the office: cell phones (other than those used for Dexcom purposes, which will be kept by counselor); rollerblades; skateboards; swim fins, masks, and snorkels; food, candy, gum; knives, axes, and all cutting tools; matches, sparklers, caps, etc.; cigarettes, valuables, and money.

NO INSULIN OR MEDICATIONS ARE ALLOWED IN CAMPER CABINS.

MEDICAL SUPPLIES PACKING GUIDE

ALL OF THESE SUPPLIES & MEDICATIONS MUST BE BROUGHT TO CHECK-IN DURING THE INTAKE PROCESS SO THEY CAN BE PROPERLY LABELED AND STORED.

INFUSION SITES are changed every two days at camp. Please bring at least 5 (or more) change-outs to camp on check-in day. Bring reservoirs, reservoir syringes, infusion sets, IV prep, dressings, and EMLA cream if used. Also bring extra batteries, your inserter; and anything else you use. Unused supplies will be returned when you come to pick up your camper. *Please remember to get those supplies when you pick up your child so we don't have to ship them.* **Please do not arrive at camp needing to change your pump site on intake day.** Please change it Saturday or Sunday **before** you come to camp.

INSULIN: Camp will supply most types of common insulin. If your camper is using a new or unusual form of insulin, please contact Camp Seale Harris, before arriving, to determine if you need to bring your insulin.

CGMs: You will need to bring all supplies needed to manage & maintain your child's CGM. This includes: 2-3 sensors, 1 extra transmitter (only if expiring), tape/adhesives, receiver, receiver charging cord & block. **The receiver and all cords and blocks must be labeled with camper's name prior to coming to camp.**

NON-DIABETES MEDICATIONS:

- **No medications, including over-the-counter items and vitamins, are permitted in the camper cabins.**
- All prescriptions must be **in their original bottle with a pharmacy label.** If the current dose does not match the dose on the label you must also bring a written note or prescription from the prescribing physician. Otherwise, we cannot accept/dispense it.
- **Over-the-counter (OTC, non-prescription) medicines (including vitamins) will NOT be administered at camp unless you provide a signed request from the child's physician** that we do so.
- If your child takes allergy or asthma medication, **please** remember to bring it to camp (with a doctor's order) even if he/she has not used it recently. Allergies may be triggered in the camp environment.



Camp Seale Harris at Camp ASCCA, Lake Martin

GPS Address:

5278 Camp ASCCA Drive

Jacksons' 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).