



## Camp Seale Harris Tuscaloosa Day 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:**

Monday, July 3, 8:30 AM

Please note that camp personnel will not be onsite until 8:30 AM.

Camp hours are 8:30 AM-4:00 PM daily Monday, July 3 - Friday, July 7.

**(Including July 4<sup>th</sup>!)**

Parents are invited to a Camper Award Program on Friday at 3:00 PM.

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

Staff will vacate camp immediately following check out.

Lunch and snacks will be provided each day.

- **Directions**  
Camp will be held at:  
Camp Tuscoba  
2900 Camp Tuscoba Road  
Northport, AL 35473

From I-59/20:

Take exit #73 (McFarland Boulevard) onto McFarland Boulevard East (US-82 West)  
Follow McFarland Boulevard approximately 6.5 miles through Tuscaloosa into Northport.  
Turn right onto AL-69N (Taco Bell) and travel approximately 1.4 miles  
Turn left onto Union Chapel Road (Texaco) and travel 1.3 miles  
Turn right onto Camp Tuscoba Road and follow into the camp.

## **What to Wear and What to Bring to CSH Tuscaloosa Day Camp**

**What to Wear Each Day:** Masks will be required during most times at camp – please make sure that your camper has at least one mask with them each day. Please wear comfortable clothing such as shorts, jeans, T-shirts, etc. Activities will be conducted inside and outside throughout the day. Please wear clothes that will not be hurt if soiled. **Tennis shoes with socks are required.**

**Bring a Swimsuit, Towel, and Flip Flops/Watershoes:** 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. Put your child's name on all belongings.

**Prescription Medications:** Turn in to the nurse each day at check in. Bring in original container labeled with child's name, drug name, dosage, physician's name, and pharmacy name and phone number.

**Insulin Pump, CGMs, Equipment and Supplies:** If your child uses an insulin pump or continuous glucose monitor, you will need to bring 2-3 sets (these will be extra sets just in case), syringes, IV prep, tape/adhesive/etc. for sets, set injector if used, spare batteries, and anesthetic crème, if used (camp will provide insulin, if needed). These supplies should be in a bag marked with the **child's name in bright bold letters**. (If using a cell phone as a receiver please see below. \*)

### **What Not to Bring**

Blood Glucose Monitors or Strips (provided by camp)

Insulin Pens, syringes, insulin vials (provided by camp)

Electronic Toys

Cell Phones, pagers, or other communication devices. *\*Day campers using CGMs may have their cell phones but only for the CGM function (they are not allowed to use their phone for other purposes) and the Share/Follow functions will be turned off during camp hours.*

Any form of tobacco/nicotine (chewing, smoking, or vaping)

Alcohol or non-prescribed drugs/medications (without a physician's note).

A physician's note must accompany any over-the-counter medication including pain relievers, allergy medication, vitamins, supplements, etc.

**NOTE:** As we all know, working with numerous children, we as staff and counselors cannot always keep up with each child's personal belongings. It is better to leave these items at home.