



Camp Seale Harris Birmingham 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 dates and times - Please note that some days have different times and locations!:

Monday, July 8 - Please arrive at the Samford University Soccer/Track Stadium (across the road from the main Samford University between 8:00am-8:45am for check-in. Please be on time! Our bus to the Girl Scouts Kanawahala Program Center (where our activities will take place) leaves shortly afterward. -- Please note that camp personnel will not be onsite until 8:00am for check-in! *You can pick up your camper(s) at 5:15pm at the Samford University Soccer/Track Stadium on Monday.*

Tuesday, July 9-Friday, July 12 - Please arrive at the Samford University Soccer/Track Stadium (across the road from the main Samford University between 7:30am-8:00am for check-in. Please be on time! Our bus to the Girl Scouts Kanawahala Program Center (where our activities will take place) leaves shortly afterward. -- Please note that camp personnel will not be onsite until 7:30am for check-in! *You can pick up your camper(s) at 5:15pm at the Samford University Soccer/Track Stadium on each of these days.*

- **Lunch and snacks will be provided each day.**

Directions to CSH Birmingham Day Camp

Bus transportation will be provided at:

Samford University Soccer/Track Stadium

(across the street from main university)

600 University Park Place

Birmingham, AL 35209

Directions from Interstate 65 North:

Take exit 255 (Lakeshore Drive). Turn right onto W Lakeshore Drive for approximately 1.5 miles. Turn right onto University Park Place. Keep right and the stadium and parking lot will be on the left side of the road.

Directions from Interstate 65 South:

Take exit 255 (Lakeshore Drive). Turn left onto W Lakeshore Drive for approximately 1.7 miles. Turn right onto University Park Place. Keep right and the stadium and parking lot will be on the left side of the road.

What to Wear and What to Bring to CSH Birmingham Day Camp

What to Wear 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. Please put your child's name on all belongings. **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.

Lifejacket: Please send a lifejacket with your camper if they can not swim or are more comfortable with one.

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.

- A physician's note must accompany any over-the-counter medication including pain relievers, allergy medication, vitamins, supplements, etc. Camp Seale Harris medical staff provide over-the-counter (OTC) medications on an as-needed basis for headaches, stomachaches, etc. Camp has a supply of common OTC medications and physicians available to give orders for appropriate use.

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) reservoirs, reservoir 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 (including lancets and strips), Insulin Pens, syringes, and insulin vials are all provided by 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; food, candy, gum; firearms, ammunition, weapons (including all knives/pocket knives), flammables, and fireworks (sparklers, caps, etc); matches,.; tobacco products (including e-cigarettes, vaping, etc.), valuables, and money; Electronic games, CD players, and media storage devices (such as iPods without cellular signal capability) may only be used during designated times (such as rest time) but are to be turned off at all other times. Devices having sound should be used with headphones. Devices should not have non-family friendly media such as profanity, pornographic images, or other distasteful media. Wifi is unavailable. CSH encourages the use of non-electronic games whenever possible and recommends that electronics be left at home! Use of alcohol (including beer and wine), tobacco products (including e-cigarettes, vaping, etc.), non-prescribed medications and/or illegal drugs will not be permitted. All medications, including over-the-counter medications, must be turned in at camper check-in on the first day of camp and must be accompanied by a doctor's prescription.

- NO INSULIN OR MEDICATIONS ARE ALLOWED IN CAMPER CABINS.

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.