



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 1, 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 1 - Friday, July 5.

(Including July 4th!)

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 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 crême, 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.