



## Adventure Camp - 101 / Medical Expectations

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Dear Adventurers and Parents,

Welcome to Adventure Camp!

We are excited to go on an adventure with you all this summer. This letter is intended to give you some necessary information to prepare you for the *major differences between Adventure Camp and other camps you may have been to, especially Camp STIX*. And also to highlight some answers to potential questions you may have before camp happens.

If you are not agreeable to the proposed differences in the way this camp will be managed versus Camp STIX, please let us know: you can withdraw your name from camp and your registration fee will be refunded.

At other diabetes camps including Camp STIX you may be used to the big handoff of your diabetes management by giving your medical supplies to your med team, then checking in with them at every mealtime throughout camp. Adventure camp will be different: you are a person capable of handling all your diabetes management decisions, whether you've been on this type of adventure or not. You will therefore be responsible for bringing all your diabetes management supplies with you, and keeping track of them during the 4 days we will be together. This may include basal and mealtime insulin, pump supplies, and CGM supplies. There will be no central medical facility to store your medical supplies, other than the designated insulin fridge onsite. You will need to bring enough supplies to last you for the entire Adventure.

You may ask: isn't anyone going to help with my diabetes, what happens if something goes really wrong? One of the foci of this camp is to take your mindset about diabetes one step further than it has been before, and part of that is putting the majority of management on you: you probably already do this most of the time, but it's worth stating. Having said that, the medical team for this camp is very small out of necessity, but we will be checking with campers on their diabetes decisions at mealtimes throughout the camp. If a camper is determined by our team to be Very Capable with diabetes management they may be given more flexibility and less oversight.

### **Remember to bring:**

- Pump and supplies for 5 days
- A place to store your supplies
- Lantus

- Humalog/Novolog
- Pen needles
- BG meter
- BG strips for 5 days
- Other testing supplies for 5 days
- Paper copies of your latest pump settings so we can make that transition smooth if needed
- Your Flexibility, your Resilience, and your Love of Life

### **Questions you may have:**

#### What is Adventure Camp?

Adventure Campus the brain-child of Swagger (Sean Urann) and a group of dedicated, trusted, weather-worn, rag-tag current and former counselors. It is an opportunity to apply your knowledge gained in life and possibly (but not necessarily) Camp STIX to a shared adventure with other like-minded people who are experienced with type 1 diabetes management, and ready for the next opportunity to prove themselves and learn some things about life after 18 with diabetes along the way.

This year's Adventure Camp is a whitewater rafting adventure in Glacier National Park for 20-24 teens with type 1 diabetes led by 5-6 volunteers.

#### How is this different from Camp STIX?

Where Camp STIX is modelled after a traditional large-scale summer camp, with multiple cabins, variety of daily activities, big games, big dance, and big medical, program, and kitchen staffs to take care of campers ages 8-17, Adventure Camp is modelled after trip into the deep woods with your closest high school friends. You will be responsible for most of your own diabetes care and supplies with some back up by a qualified medical provider. Activities will more low key at times, and at other times, much more adventurous. Adventures and locations may change year to year, so no two adventure camps will be alike. Given a much smaller number of campers, and ages of campers being 16-21, we will have an opportunity to discuss topics that are age appropriate to this group about living with diabetes after age 18.

#### Who can go to Adventure Camp?

We are looking for people with type 1 diabetes ages 16-21 who are experienced with type 1 diabetes management, and ready for the next opportunity to prove themselves and learn some things about life after 18 along the way

#### How do I get there?

We will be meeting in Spokane, and caravanning with Sprinter vans this year to West Glacier National Park.

#### Where do we stay?

We will be staying at the Great Northern Whitewater Raft & Resort. There are separate cabins with separate sleeping areas for male and female, with areas for group activities, gatherings, and night time campfire. As far as adult "campers" and underage "campers," the goal is to treat all campers as reasonably independent and mature young adults.

#### What else do I need to know? What if I'm a parent who is concerned?

- Can I have a cell phone? What if I am a parent who wants to follow my kid's T1D on their CGM while they're on this trip?
  - We will have a "No phones with campers" policy, but will plan to keep phones at camp. There will be a 30min portion of each day the campers are able to communicate via phone if they so choose. Otherwise, phones will be with staff. If you do not trust your camper with a level of responsibility to be able to do most of their care on their own (with some minimal help) you may not be ready for Adventure Camp yet.
- How will pumps be handled during rafting?
  - During rafting pumps will be placed in dry bag / sealed wet bag. We will be sure to have all medical supplies during the trip, and will be extra prepared with increases of bg checking frequency and manual dosing.
- What happens if my pump breaks or fails?
  - Just as in any adventure situation, when your pump breaks you will need a backup plan. We will not have access to backups for infusion sets, pumps and other equipment for every pump manufacturer during our 4 days. So if your pump malfunctions, we will transition you Lantus and Novolog dosing. This is why it's important to have copies of your latest pump settings so we can make that transition smooth if needed.
- No phones! What about pictures?
  - Don't worry, we'll take care of the pictures. You will be asked to sign a release as a part of your registration so we can use your image so other campers will know how rad this thing is!
- What do we do for people with specialty diets?
  - Specialty diets will have to be determined once our camper pool is identified. We have a nutritional lead, and we are essentially going to be borrowing meals from Camp STIX.
- What is the drug and alcohol policy?
  - Alcohol or drugs will not be a part of Adventure camp and will not be tolerated. It will be the responsibility of the parents of any offending camper to arrange for return home if this policy is violated.
- These adventures sound dangerous – what about first aid and water rescue?
  - Water rescue will be covered by the rafting company, Great Northern Resort. They are trained and licensed. First aid will be covered by the licensed medical staff.

We reserve the right to change any of these policies at any time during camp to benefit campers and volunteers.

If you have any additional questions please contact Adventure Camp Director "Swagger" Sean Urann at [adventurecamp@campstix.org](mailto:adventurecamp@campstix.org) or Medical Director "Pokey" Patrick Reed at [reed.patrick.r@gmail.com](mailto:reed.patrick.r@gmail.com)

We look forward to seeing you at Adventure Camp!