



Low Carb. Family Camp 2022

diabetescamping.org



Welcome to Camp!

As you know Type 1 diabetes is a disease that impacts the entire family, our dedicated staff have created a program that will enable your family to learn more about Type 1 diabetes while sharing common experiences with other families in a fun and supportive environment. Our topnotch programming this summer includes small workshops, discussions about parenting issues for adults, stress management, and memorable activities for the whole family. To help you prepare, we compiled some important information to ensure you have a great time at Camp Conrad Chinnock.

Directions:

Camp Conrad Chinnock
4700 Jenks Lake Road, East
Angelus Oaks, CA 92305



- 1.) Take Interstate 10 towards Redlands. If you are driving east bound on I-10, exit University Avenue and proceed north (towards the mountains). You will pass through the University of Redlands. Go until you reach Lugonia Avenue.
- 2.) If you are driving west bound on I-10, exit Cypress Avenue and turn right. Turn right on Citrus Avenue. Turn left on Judson/Ford St and proceed about one mile until Lugonia Avenue.
- 3.) At Lugonia Avenue (Highway 38), turn right. Proceed approximately 27 miles up the mountain (DO NOT go towards Forest Falls).
- 4.) Turn right on Jenks Lake Road, East. You will encounter Jenks Lake Road, West before the East route, but continue to the East route. Watch for mile marker 29.7
- 5.) Proceed up the road and turn right at the sign for Camp Conrad Chinnock. *If you reach the South Fork campground you went too far - turn around!

Driving Check List:

- Be sure you have enough gas in your vehicle to make it up the Mountain.
- For road conditions, visit www.dot.ca.gov and view Highway 38.
- Depending on the snow conditions the Highway Patrol requires all vehicles to carry chains/cables or have four-wheel drive with snow tires.
- Angelus Oaks weather conditions, visit: <https://www.bensweather.com>
- Need additional assistance? Contact our Business Office at 844-744-CAMP (2267)

Cabin Life:

- We typically assign two families per cabin. There are two separate rooms with 3 bunk beds each. Each room is separated by a privacy partition.
- Each cabin is equipped with a toilet and sink. Showers are in a separate building.
- Each family is required to bring an at home fast acting COVID-19 test for each member of their family. These tests will be taken upon check-in.
- Review our updated Covid-19 guidelines about protocols at www.diabetescamping.org/covid-19response

Food:

- Three meals and snacks are provided daily. Each meal and snack will have a posting as to the number of carbohydrates in each serving. Meals are scheduled at 8am; 1pm, and 6pm, with snacks in between. Food is served buffet style with families and staff sharing tables and conversation.
- If you have special dietary needs, please contact the office at 844-744-CAMP (2267) to ensure we will be able accommodate.
- When storing food in the cabins, please keep in mind that mice, squirrels, chipmunks and racoons enjoy the challenge of chewing through luggage to find hidden treats. Canned juice and glucose tablets are not typical animal favorites, so those are fine to leave in the cabin.
- Facemasks must be worn while waiting in line for food inside the dining hall.
- Review our updated Covid-19 guidelines about protocols at www.diabetescamping.org/covid-19response

Cell Phone and Internet:

- Cell phone service is often spotty, depending on your carrier. AT&T and Verizon networks have seemed to work best.
- Wi-Fi is not currently available for Camp guests. We suggest a personal hotspot if you will need to connect.

Camp Store:

- The camp store offers a variety of no- or low-carbohydrate snacks and drinks, such as diet soda, sunflower and pumpkin seeds, and beef jerky. These can be purchased in limited quantities daily.
- Other items include sweatshirts, hats, toiletries (toothbrush, deodorant, shampoo, etc.) toys, lights, water bottles, etc. Those items range in cost between \$1 and \$40.
- You may place credit in the store using a check, MasterCard, Discover, or Visa.
- Cash is not accepted.

Weather:

- Generally, the temperatures are warm during the day and quite cool at night. The mountains are also known for surprise rain showers.
- Please pack shorts for daytime, long pants and a warm coat or sweatshirt for night. For rain, it is advisable to pack a poncho or raincoat. Swimsuits often do not dry out before the next time they are needed. We do advise packing extras for young children who do not like that wet clammy feeling.

Camp Rules:

- Smoking is not permitted in the Camp area. Individuals needing to smoke must leave the campsite and smoke in their vehicles off property. Remember, we are surrounded by a National Forest that is extremely dry! Be sure to safely extinguish your smoke.
- Quiet Hours are between 10:00pm and 7:30am.
- Please knock on the cabin door before entering when you are sharing with another family.
- Do not throw rocks in the Camp boundaries.
- Please observe the privacy and “quiet space” of others.
- Leave all personal pets at home.
- Camp is surrounded by 100,000 acres of wilderness, and it can be very difficult to find your way if you are not familiar with the area. Please check-in with our executive team before you go hiking.

Arriving To Camp:

- Check-in is between 11:00am and 12:30pm.
- Each family is required to bring an at home fast acting COVID-19 test for each member of their family. These tests will be taken upon check-in.
- Please park in the parking lot and remain in your car until a staff member has greeted you. After being greeted you may start your Covid-19 test. Once the tests are verified negative, leave your items in your car and walk to the dining hall for your Cabin assignment. You will then be able to drive your car to your cabin to unload, but we ask that you move your car back to the main parking lot after unloading.
- Lunch will be at 1:00pm. After lunch, we will have a Camp orientation followed by family recreation activities, games, and dinner. Following dinner, counselors will do an activity with the kids while the parents enjoy a social hour with desserts and beverages. The night ends with a fun and entertaining campfire and snack.

Days:

- Days will begin with the wake-up bell and testing/ shot time. After breakfast on Saturday, parents will meet for various workshops and talks, while kids will be involved in staff run activities grouped by age. Sunday special activities will continue.
- Snack time follows along with family break time and then more testing/shots/ pumps and lunch. Afternoons will vary between parent alone/family scheduled seminars and free time. Children’s seminar sessions are interspersed with fun time games, crafts, and activities.
- Evenings are filled with Campfires and a Talent Show. Be ready to laugh, act silly and generally get into camp life!
- Read more about our Talent Show Night on the packing list page.

Camp Departure

- Family Camps end after breakfast on Monday morning, and families depart by 10:00am.
- Families who provided their contact information will receive a Camp Directory via email to stay in touch with your new Camp friends! Otherwise, we encourage exchanging contact information before heading home.

Summer Theme:

- Every year Camp chooses a theme for the summer. This year's theme is "Ghostbusters", some of our youth and teen program activities this season will be based around this classic movie, as we welcome everyone back to Camp!
- Campers are encouraged to pack theme outfits, costumes, face paint, wall cutouts, streamers...
- We want to see your cabin décor and themed apparel up on the mountain!

Diabetes Management:

- Diabetes management decisions are left up to each family while at Family Camp.
- The Let Me Be 83 medical team is happy to advise and help with the decision-making process. While at camp, therapy and diabetes care suggestions are not to be used in place of the relationship your family already has with your regular diabetes specialist.
- After years of experience and careful consideration our Medical Team strongly recommends that each diabetic member of your family cut their insulin dose by 20% while at camp. This should start with the lunch insulin on the first day, (including basal rates for those on pump therapy). *The Let Me Be 83 Family Camp should consult with their personal doctor before following these recommendations. **Note: High altitude, increased activity, and changes in eating habits can seriously decrease glucose levels during the first two days of camp. Our team also recommends testing at least once during the night, in addition to the bedtime test.
- Everyone is encouraged to do their pre-meal and bed tests and injections in the Dining Hall. This allows our campers with diabetes to share the experience with others doing the same thing. You will get a chance to see other testing meters and finger lancing devices. One of our medical staff will usually be in the dining room at this time to answer questions or discuss your child's numbers if you would like to do so.
- Every cabin has a built-in phone in case there is the need to contact the medical team during the night. Do not waste precious time leaving your cabin to find help; the phone is the fastest way to mobilize our staff.
- Sharp's Containers will be in all sleeping quarters as well as at the dining hall. Do not carry the sharps containers from place to place; if more are needed, let a staff member know. For safety of camp participants and staff, DO NOT place any sharps in the trash!
- There are times during Family Camp when parents and children separate for activities. Children will typically be in the care of the counselors for an hour at a time. Our counselors can take care of mild highs and lows, and carry backpacks with testing supplies, glucose tabs, juice, etc.



Health Insurance:

- DCES provides accident/ sickness coverage to campers. This coverage is secondary to private health insurance held by the family. This coverage is separate from our liability insurance and provides coverage for deductibles and co-pays as needed.

Sick at Camp:

- Illnesses spread quickly in the camp environment. For the safety of all Camp guests and staff, please do not attend Camp if you or a family member is ill.
- You may contact the Camp Office at 844-744-CAMP (2267) to discuss other options regarding your attendance and payment.
- Review our updated Covid-19 guidelines about protocols at www.diabetescamping.org/covid-19response

Do Not Bring To Camp:

- Fireworks of any kind
- Weapons of any kind
- Expensive clothing or jewelry

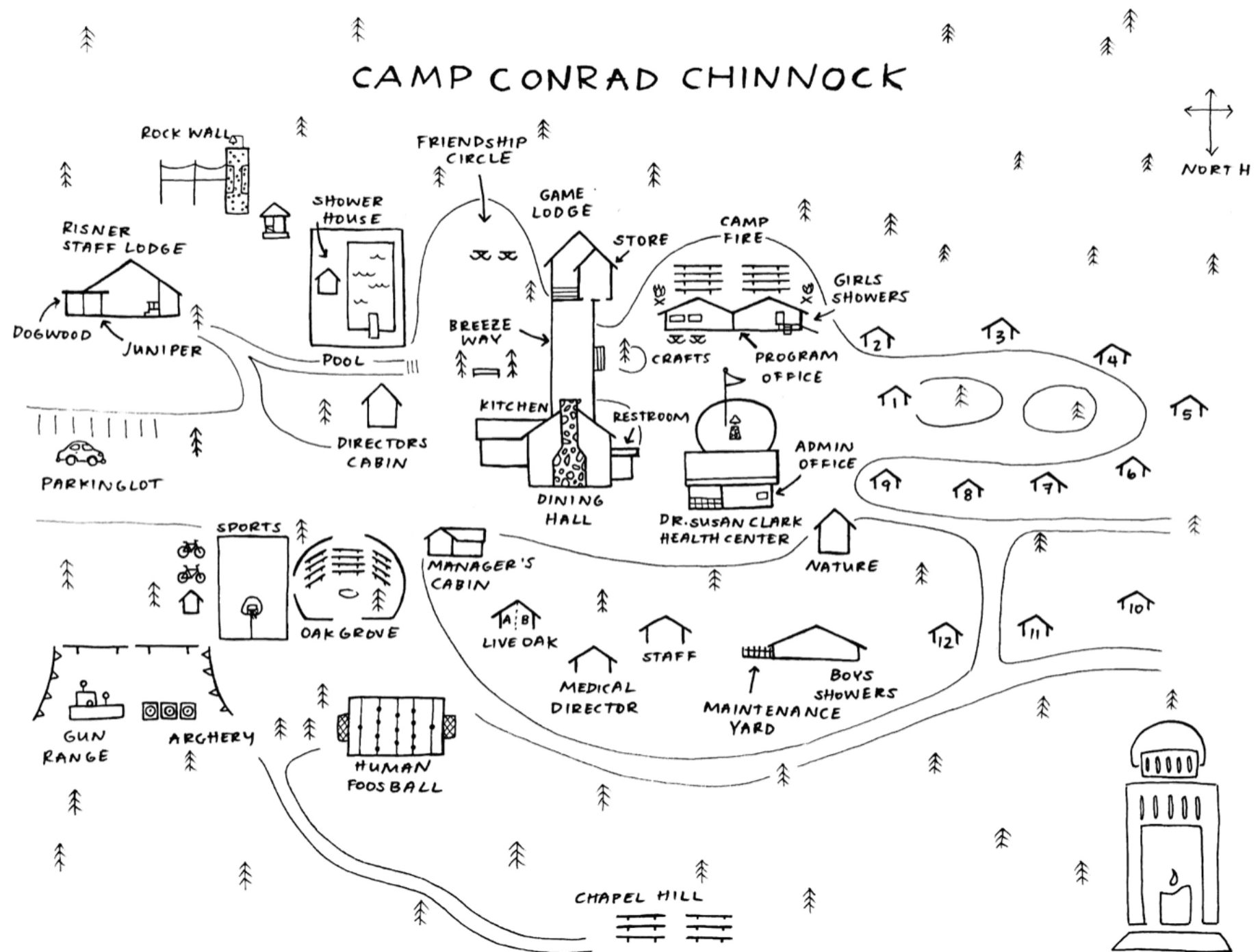
Suggested Packing List:

- Fast acting Covid-19 tests (one per person)
- Diabetes supplies
- Face masks for your time at Camp
- Pillow
- Warm sleeping bag or sheets/ blankets for a twin-size mattress
- Toiletries (brush, shampoo, soap, toothbrush, toothpaste, feminine sanitary supplies, lotion...)
- Shower caddy (showers are in a separate building from cabins)
- Towel and wash cloth Bathrobe (optional for walk to shower house)
- Bathing suit and beach towel Underwear and socks
- Comfortable shoes/sneakers Sneakers
- Warm pajamas
- Flashlight
- Musical instruments for campfire
- Sunscreen, lip balm/Chapstick
- T-shirts
- Shorts Jeans or long pants
- Warm sweaters/sweatshirts
- Hat or cap
- Raincoat or poncho
- Sunglasses



- A memorable Camp activity for many campers and staff involves the camp Talent Show. Talent shows allow campers to stand out, feel special, show their abilities and glow in the attention of their peers. If your camper and/or family has a talent, please plan on sharing it with our Camp!
 - Sing a song or play an instrument
 - Share a hidden talent
 - Share your favorite jokes
 - Choregraph a dance

Site Map:



- Physical Address:

Camp Conrad Chinnock
4700 Jenks Lake Road, East
Angelus Oaks, CA 92305

- Business Office: 844-744-CAMP (2267)
- Email Address: info@diabetescamping.org