



THE
**DIABETES
FAMILY
CONNECTION**

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FAMILY RETREAT

October 17-19, 2025 | King, NC

In this handbook you will find ...

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- Participant Outcomes
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- Packing Lists
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- Program Policies
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LOCATION FAMILY RETREAT

Camp Morris location: YMCA Camp Hanes

Camp Morris address: 1225 Camp Hanes Rd, King, NC 27021

Opening day arrival: Friday, October 17th @7:00pm

Closing day departure: Sunday, October 19th at 11:00 AM

Questions: Please call **919.412.6716** or email admin@thedfc.org

Emergencies during Camp: Cell service at Camp Hanes can be limited in certain areas. If you are unable to reach the number above, please call the Camp Hanes main office at **(336) 983-3131**

FAMILY RETREAT OUTCOMES

- To have A LOT of fun!
- To meet role models who have grown up with type 1 diabetes.
- To have the opportunity to learn about cutting-edge diabetes technologies.
- To feel encouraged and empowered to tackle daily life with diabetes.
- To make lifelong friendships that foster support for your family.
- To have your management questions answered by empathetic healthcare professionals.
- To fully understand the psychosocial impact of living with a chronic condition.
- To grow as a family.



PARTICIPANT EXPECTATIONS

RULES FOR CONDUCT DURING FAMILY RETREAT

Our retreats have a powerful and lasting impact on participants, largely due to the positive, inclusive, and accepting community we build together. Our staff and volunteers work intentionally to create a supportive atmosphere where everyone feels welcome, seen, and celebrated.

To help maintain this special environment, all participants are expected to:

- **Treat all with kindness and respect.** Everyone plays a role in shaping the retreat experience. A spirit of cooperation, empathy, and open-heartedness makes the magic happen.
- **Participate fully** in scheduled workshops, activities, and events. Our retreat is designed to foster connection, growth, and joy. We encourage families to be present, engaged, and open to new experiences. You might surprise yourself!
- **Challenge yourselves.** Whether it's speaking up in a discussion, trying a new activity, or stepping out of your comfort zone, growth happens when we stretch. We invite you to lean into the moment and make memories together.
- **Respect** individual boundaries and differences. Our community comprises diverse individuals with unique stories and diverse needs. Please honor personal space, perspectives, and parenting styles with sensitivity and understanding.
- **Support** a safe and brave environment. We are committed to ensuring everyone feels safe and valued.
- **Take care of shared spaces.** Please be mindful of common areas and help keep our retreat environment clean and welcoming for all.

Please discuss camp rules and expectations as a family before coming to the retreat.

- Smoking and the use of any tobacco products is prohibited.
- The use of, or presence of, alcohol and/or drugs are not permitted.
- Campers will not engage in sexual contact of any nature nor form exclusive relationships.
- Campers will remain in their assigned cabins at night and before breakfast unless accompanied by staff.
- Campers will not bring candy or food items not previously approved by the health professional team or Camp Director, nor will they receive them in packages.
- Campers are expected to help keep camp clean by keeping their beds clean, cleaning up their tables in the dining hall, and performing assigned cleaning duties.
- Clothing must be appropriate and comfortable for community living, participation in active games, and safety in an outdoor environment. Final decisions regarding the safety and appropriateness of clothing are made by the Camp Director and campers may be asked to change clothing.
- Participants will respect themselves and others, the facility and its surrounding property.
- Participants will focus on courtesy, cooperation, respect and responsibility and will not intentionally harm another person or themselves physically or emotionally.
- Fighting, foul language, racist language, name calling, bullying and threats are not tolerated.

Any camper or family who takes away from the quality of another camper's experience will need to be picked up by their parent/legal guardian to return home immediately. No refund of camp fees will be issued for campers who are asked to leave. Please note that a parent or legal guardian must be available to pick up their child at any time during their child's stay at camp.

PACKING LIST

CLOTHING:

- Long pants or jeans
- Long-sleeved shirts, T-shirts
- Underwear
- Socks
- Shorts
- Swimsuit
- Warm pajamas
- Rain gear, jacket or poncho
- Closed-toed shoes
- Hat with brim
- Warm jacket or sweatshirt

EQUIPMENT:

- Sleeping bag or warm blankets
- Bottom or fitted sheet for twin bed
- Pillow & pillowcase
- Flashlight w/batteries
- Pens and notepaper
- Reusable water bottle
- Small daypack

TOILETRIES:

- Bath towel
- Toothbrush
- Toothpaste
- Soap
- Shampoo/conditioner
- Shower shoes/sandals
- Sunscreen (SPF 15 or better)
- Feminine hygiene products

PLEASE BE SURE TO CLEARLY LABEL ALL BELONGINGS WITH FIRST AND LAST NAME

OPTIONAL ITEMS:

Highly Recommended

- Portable charger with charging cord
- Electrical power strip
- Sunglasses
- Playing cards
- Musical instruments
- Books/magazines
- Chapstick

DIABETES SUPPLIES

PLEASE BE SURE TO CLEARLY LABEL ALL DIABETES SUPPLIES WITH FIRST AND LAST NAME

ALL CAMPERS LIVING WITH DIABETES SHOULD PACK:

- Blood glucose meter
- Test strips
- **INSULIN**

CAMPERS ON INSULIN PUMPS:

- Insulin Pump Infusion sets and reservoirs (one per day) or Pods
- Pump batteries (if applicable)
- Set inserter (if applicable)
- Tape/adhesive (if needed)
- Charger and charging block (if applicable)

CAMPERS ON INSULIN PENS:

- Long-acting insulin pen
- Short-acting insulin pen

CAMPERS WEARING CGMs:

- 1-2 sensors
- Tape (if applicable)
- Charger and charging cord
- Dexcom/ Libre Receiver (if applicable, unless on T:slim or Omnipod 5)

PACKING LIST - CONSIDERATIONS

THINGS TO CONSIDER WHEN PACKING FOR FAMILY RETREAT :

DRESS CODE: Clothing must be appropriate and comfortable for community living, participation in active games, and safety in an outdoor environment. Campers may be asked to change clothing.

- Do not buy or bring new clothes to camp. Comfortable clothes are all that is needed.
- If your child wets the bed, please pack a second sleeping bag or set of bedding. Staff will discreetly wash out any wet bags each morning. Having a second bag ensures that your camper will have a dry bed come bedtime.
- Please note that due to high mailing expenses, families may be charged for lost or forgotten items that must be sent home via mail. All unclaimed items will be donated to charity one week after the session.
- **The Diabetes Family Connection bears no responsibility for damage to or loss of any items that are brought to camp.**

ITEMS THAT SHOULD NOT BE BROUGHT TO FAMILY RETREAT

- Expensive jewelry
- Personal sports equipment including skateboards, archery equipment, or baseball equipment
- Alcohol, drugs, tobacco, fire arms, knives (including pocket knives) or weapons (including bow/arrows)
- Electronics including video games, iPads, laptops
- Food
- Pets or animals (Due to the nature of the program, diabetes alert dogs to remain at home)



DIABETES CARE AT FAMILY RETREAT

Our Fall Family Retreat has a team of volunteer medical professionals: endocrinologists, nurses, and certified diabetes educators. Parents and campers have the opportunity to check in with a healthcare provider before snacks and meals. This is a great time for campers to watch other kids checking blood sugars, bolusing, and injecting insulin, which often encourages them to try out a new skill.

Each morning, parents spend time in diabetes education sessions, while children rotate through camp activities with other campers their age and counselors trained in T1D management.

Note: Your child's blood sugar levels may run lower or higher during their stay at the retreat than you may see at home. While they and their blood sugars are carefully monitored, variables such as new activities, new routine, excitement, and so on, will affect your child's blood sugar levels. It is not always possible to have the same level of control that they may have at home.

FOOD ALLERGIES AND SPECIAL DIETS

WE CAN ACCOMMODATE THE FOLLOWING FOOD ALLERGIES AND SPECIAL DIETS AT CAMP MORRIS

Celiac Disease: We will have gluten free options available at every meal for individuals living with celiac disease. While we do our absolute best to prevent cross contamination, we are not able to guarantee a 100% gluten-free environment.

Vegetarian: We will have vegetarian options at every meal.

Nut Allergies: We are not a nut free camp but work hard to avoid exposure.

All dietary needs should be communicated on the forms completed during the Retreat application and enrollment process.



DIRECTIONS TO CAMP HANES

CAMP HANES is located at the base of Sauratown Mountain in King, North Carolina. Camp is 25 miles northwest of Winston-Salem, NC.

YMCA Camp Hanes
1225 Camp Hanes Rd
King, NC 27021

- Take US-52N from Winston Salem to the King/Tobaccoville
- Exit #123 Turn Right toward King, travel 2 miles
- Turn Left on Brown Road, After 2.2 miles, Brown will dead end
- Turn Right onto Chestnut Grove Road, and Travel .5 mile
- Turn Left onto YMCA Camp Road, Travel 3.7 miles
- Arrive at Camp Hanes Road, follow into camp

Accurate directions are available via Google Maps by inputting the name "YMCA Camp Hanes"



IMPORTANT REMINDERS

ALL retreat forms must be submitted to The DFC on or before September 30th.

REFUND INFORMATION

The Diabetes Family Connection will refund 75% of the camper fee (25% non-refundable deposit) for cancellations received in writing 30 days PRIOR to the start of the program. Thereafter, no portion of the camper fee is refundable, unless it is for a documented medical reason.

STILL HAVE QUESTIONS?

Contact us at admin@thedfc.org

CAMP HANES FACILITY MAP

