



THE
**DIABETES
FAMILY
CONNECTION**

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FAMILY RETREAT

October 16-18, 2026 | King, NC

In this handbook you will find ...

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LOCATION FAMILY RETREAT

Family Retreat location: YMCA Camp Hanes

Family Retreat address: 1225 Camp Hanes Rd, King, NC 27021

Opening day arrival: Friday, October 16th, 6 to 7:00 pm. Please eat dinner before you arrive. Snacks will be provided.

Closing day departure: Sunday, October 18th 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

- Have A LOT of fun while creating joyful memories together.
- Meet inspiring role models who are thriving while living with type 1 diabetes.
- Learn about the latest diabetes management tools, technologies, and best practices.
- Feel encouraged, empowered, and more confident in navigating daily life with type 1 diabetes.
- Build lifelong friendships and a supportive community that extends well beyond the retreat.
- Have diabetes management questions answered by knowledgeable, compassionate healthcare professionals and experienced community members.
- Gain a deeper understanding of the emotional, mental, and social impact of living with type 1 diabetes on the entire family.
- Strengthen family relationships through shared experiences, teamwork, and open communication.
- Leave with a renewed sense of hope, resilience, and a Positive Mental Attitude (PMA).



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)
- Bug spray
- Feminine hygiene products

OPTIONAL ITEMS:

Highly Recommended

- Earplugs for sleeping
- Portable charger with charging cord
- Electrical power strip
- Sunglasses
- Playing cards
- Musical instruments
- Books/magazines
- Frisbee/football
- 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)

All needles, lancing devices, and syringes will be provided by The DFC at Family Retreat!

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.

- Closed-toed shoes are required for many activities and are preferred footwear at camp.
- 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, vape pens, 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)



WHAT TO EXPECT AT FAMILY RETREAT

The Diabetes Family Connection is so excited that you and your family are joining us for Family Retreat! We hope this weekend gives you the chance to step away from the hustle of work, school, sports, activities, and technology to simply enjoy time together.

Family Retreat is intentionally designed to provide a balance of relaxation, learning, adventure, laughter, and meaningful connection. Whether you are making s'mores around the campfire, trying a new activity, or talking with another family who truly understands life with type 1 diabetes, we hope you'll leave with lifelong memories, renewed confidence, and a stronger sense of community.

Cabin Life

Families stay in shared cabins with other families. During registration, we ask questions to help us make great cabin matches, and you're always welcome to request another family you'd like to room with.

Sharing a cabin may feel a little unfamiliar at first, but it is often where some of the strongest friendships begin. Many families leave camp with connections that last well beyond the weekend.

Camp Safety

The safety of every camper and family is our highest priority. To help create a safe environment, we ask everyone to follow a few important guidelines:

- Every cabin is stocked with low supplies, including juice, fruit snacks, and follow-up snacks with protein.
- Please utilize single-use lancing devices and sharps containers available in your cabin.
- All minors must follow the **Rule of 3** whenever moving around camp. This means they should always be with at least one adult and two children or two adults and one child. **A child should never be alone with a single adult who is not their legal caregiver.**
- Please help us by encouraging your children to stay with their groups and follow staff directions throughout the weekend.

Challenge by Choice

The Diabetes Family Connection believes in Challenge by Choice.

That means everyone — campers, siblings, caregivers, grandparents, and volunteers — is encouraged to step outside their comfort zone at their own pace. Your challenge might be climbing the ropes course, trying canoeing for the first time, meeting a new family, asking a question during a caregiver session, or even turning off your Share app for a few hours and trusting our medical team.

Growth happens when we challenge ourselves in a supportive environment, and those moments often become the most meaningful memories of the weekend.

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WHAT TO EXPECT AT FAMILY RETREAT

A Typical Weekend Schedule

Our schedule changes each year slightly as we continue to improve the Family Retreat experience, but here's a general idea of what to expect.

Friday

- 6:00 to 7:00 PM – Check-In
- 7:30 PM – Full Family Retreat Activity
- Evening – Campfire

Saturday

- 8:00 AM – Breakfast (carbohydrate counts provided)
- 9:30 AM – Camper Activity Rotations
- 9:30 AM – Caregiver Session Rotations
- 12:00 PM – Lunch (carbohydrate counts provided)
- 1:00 PM – Family Activities (everyone participates together)
- 4:15 PM – Caregiver Panel: Ask Us Anything
- 5:30 PM – Dinner
- 7:00 PM – Family Retreat Talent Show

Sunday

- 8:00 AM – Breakfast (carbohydrate counts provided)
- Family Retreat Group Photo
- 9:30 AM – Camper Activities
- 9:30 AM – Tech Time with Erika & Vendor Fair
- 11:00 AM – Closing Session, Pack Up & Departure

You'll See Our Teen Retreat Too!

Family Retreat takes place during the same weekend as our Teen Retreat. While both groups share the camp property, each program has its own schedule, activities, and goals.

Throughout the weekend, you'll enjoy meals together and join forces for a few special camp-wide experiences. The rest of the weekend, Family Retreat participants and Teen Retreat participants follow separate activity schedules designed specifically for their age groups and needs.

Having both programs on campus creates an exciting camp atmosphere while ensuring that every participant has an experience tailored just for them.



FAMILY RETREAT POLICIES

DIABETES CARE AT FAMILY RETREAT

Diabetes care at Fall Family Retreat is a partnership between families and our experienced medical team.

During meal times, caregivers are responsible for checking blood glucose levels, calculating carbohydrates, administering insulin, and managing diabetes care for their family. Caregivers also remain responsible for overnight blood glucose monitoring and diabetes management. During designated camp activities, children will spend time away from their caregivers participating in experiences such as canoeing, fishing, the ropes course, arts and crafts, and other recreational programs. While campers are with their activity groups, our trained medical professionals provide diabetes care, including monitoring blood glucose levels, administering insulin when needed, treating low blood sugars, and responding to any diabetes-related concerns.

This shared-care approach gives families the opportunity to enjoy the retreat together while allowing children to experience the independence, confidence, and fun of camp — all with the support of an experienced medical team dedicated to keeping them safe.

FOOD ALLERGIES AND SPECIAL DIETS

WE CAN ACCOMMODATE THE FOLLOWING FOOD ALLERGIES AND SPECIAL DIETS AT RETREATS

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.



FAMILY RETREAT POLICIES

MEDICATION

If you or a family member takes prescription or over-the-counter medication, please keep all medications in their original labeled containers and securely stored with the adult caregiver or guardian. Medications should always be kept out of the reach of children and should not be accessible to other cabin members.

COMMUNICABLE DISEASES

Help us keep everyone healthy by doing your part to prevent the spread of communicable illnesses such as seasonal influenza, COVID-19, pertussis, and stomach viruses.

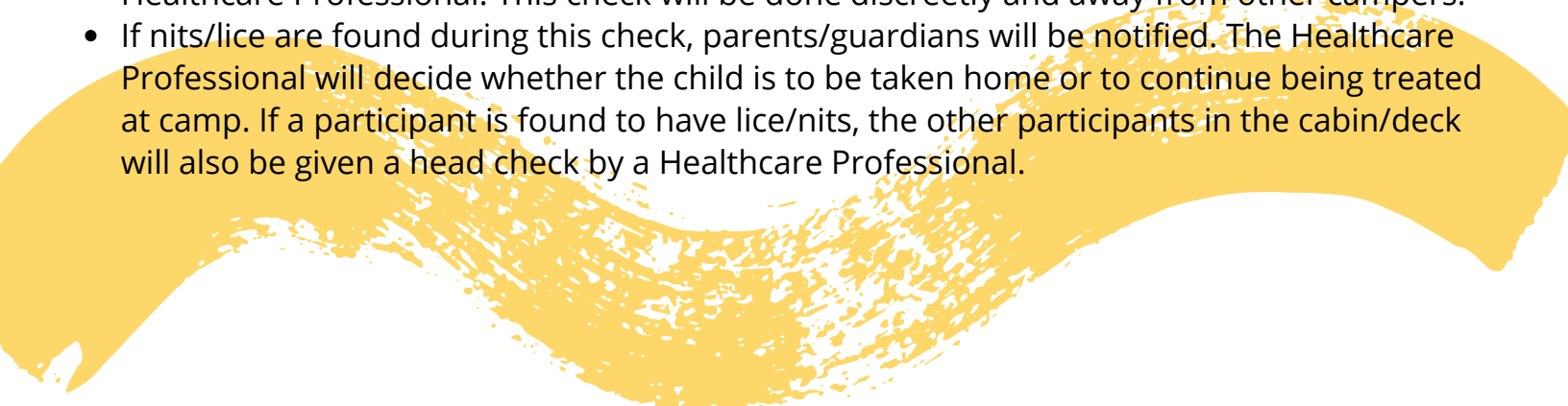
Before the retreat, please encourage healthy habits like frequent handwashing and covering coughs and sneezes with your elbow rather than your hands. If possible, limit your family's exposure to sick individuals in the weeks leading up to camp.

Most importantly, please stay home if anyone in your family is experiencing symptoms of a communicable illness, including vomiting, diarrhea, persistent coughing, or fever. Family members should remain home until they have been fever-free for at least 24 hours without using fever-reducing medication and are no longer experiencing symptoms that could spread illness to others.

HEAD LICE

The Diabetes Family Connection requires that all participants be free of nits and lice prior to attending a program.

Therefore, parents/guardians must perform a head check of each camp participant 48 hours before the first day of the program. Home screening decreases the risk of a head lice outbreak at retreat.

- If nits and /or lice are found prior to the first day of the program a cancellation must occur, please contact Admin@thedfc.org for process details.
 - If nits and/or lice are found or suspected at camp, a head check will be performed by a Healthcare Professional. This check will be done discreetly and away from other campers.
 - If nits/lice are found during this check, parents/guardians will be notified. The Healthcare Professional will decide whether the child is to be taken home or to continue being treated at camp. If a participant is found to have lice/nits, the other participants in the cabin/deck will also be given a head check by a Healthcare Professional.
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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, vaping, and the use of any tobacco products are 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.
- 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.
- 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 be asked to leave. All campers must leave with a parent/legal guardian to return home immediately. No fee refunds will be issued to campers who are asked to leave.

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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 15th.

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

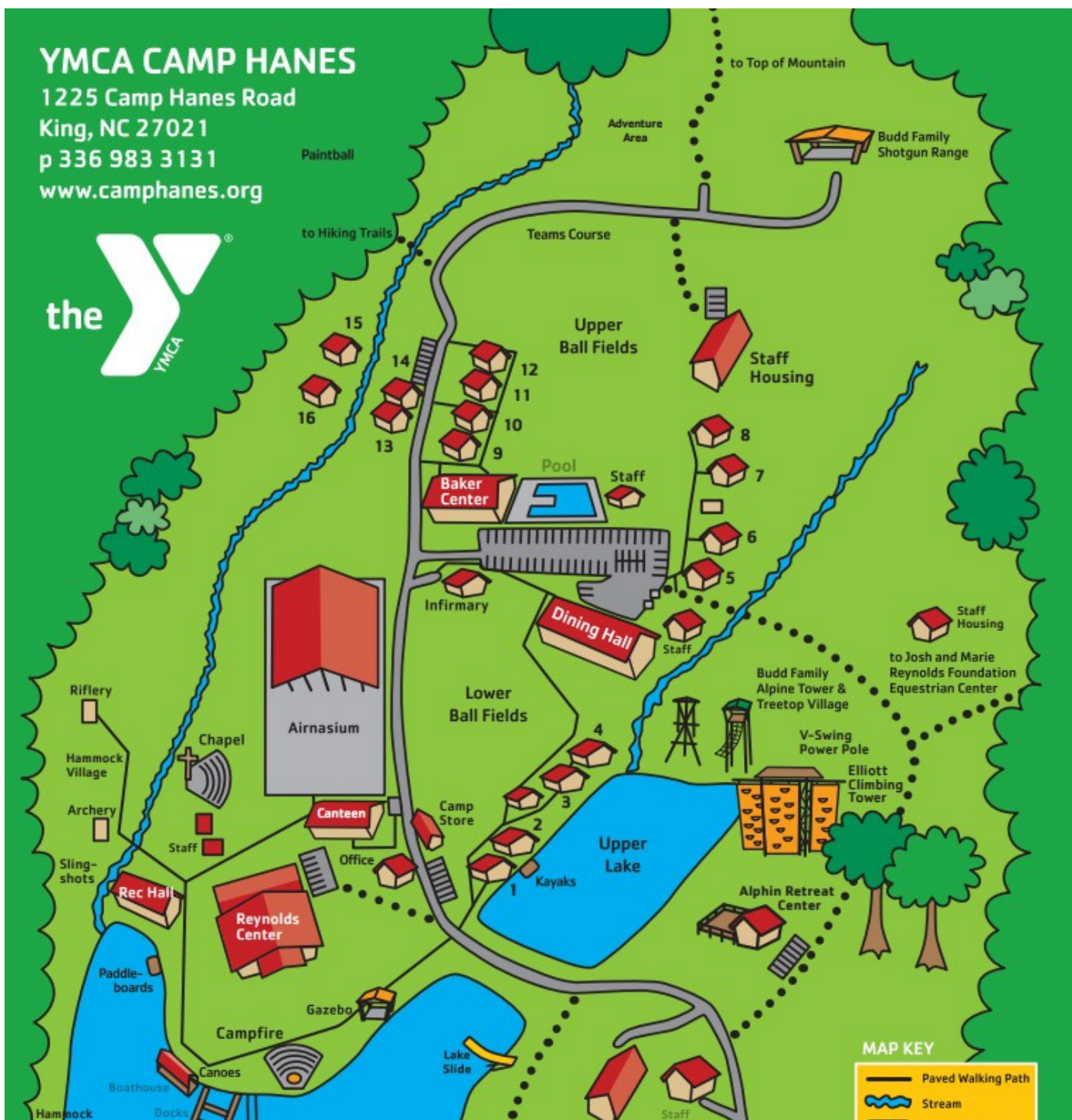
YMCA CAMP HANES

1225 Camp Hanes Road

King, NC 27021

p 336 983 3131

www.camphanes.org





Family Retreat Check-In Forms - Please print, complete, and bring to camper check in.

SHOTS OR NON-PUMP RECENT DIABETES INFORMATION

Camper's Name _____ (for camp use only Cabin # _____)

Please label all diabetes supplies, especially meter, phone, and/or CGM receiver.

1. **Recent physical activity level**—How many hours per day does your child spend in:

____ Low activity such as sleeping, watching TV, or playing video games

____ Moderate activity such as walking, playing outside with friends, or shopping

____ High activity such as basketball, swimming, bicycling, or running

2. **Yes or No:** Has your child been hospitalized with Diabetic Ketoacidosis (DKA) in the last 6 months?

If so, when, and what were the circumstances? _____

3. Type of **long acting insulin:** _____ **Pens or syringes:** _____

Type of **short acting insulin:** _____

Type of **premixed insulin:** _____

If using a sensor, type of sensor: _____ When was sensor last inserted? _____

4. Usual **Insulin dosing:**

Long Acting: Time: _____ Dose: _____

Short Acting:

Time	Carb Ratio	Correction Scale - Sliding Scale	Target BG
Breakfast			
Lunch			
Dinner			
Snack			
Bedtime			

Premixed: Time: _____ Dose: _____

Where does the camper inject insulin? _____

5. Please list today's **BG and doses of insulin: (Be sure time and date are correct in meter)**

Date	Time	BG/CGM	Carbs	Dose of Insulin

6. Anything else you want to share for your camper to have the best weekend at camp?



PUMP USER RECENT DIABETES INFORMATION

Camper's Name _____

(for camp use only Cabin # _____)

Please label all diabetes supplies, especially meter, pump, phone, and/or CGM receiver

1. Recent physical activity level

How many hours per day does your child spend in:

____ Low activity such as sleeping, watching TV, or playing video games

____ Moderate activity such as walking, playing outside with friends, or shopping

____ High activity such as basketball, swimming, bicycling, or running

2. **Yes or No:** Has your child been hospitalized with Diabetic Ketoacidosis (DKA) in the last 6 months?

If so, when, and what were the circumstances? _____

3. Type of **pump**: _____ Type of **insulin**: _____

Type of **infusion set**: _____ Last infusion **set change**: _____

If using a sensor, **type of sensor**: _____ When was **sensor last inserted**? _____

Time	Basal	Time	Carb Ratio	Time	Correction	Target BG

5. Please list today's **BG and doses of insulin: (Be sure time and date are correct in pump)**

Date	Time	BG/CGM	Carbs	Bolus

6. **Yes or No:** Does the pump have any damage such as a recent hard drop, visible cracks, torn buttons, blurry numbers on the screen, or a broken battery/cartridge cap?

7. Anything else you want to share for your camper to have the best weekend at camp?