



THE  
**DIABETES  
FAMILY  
CONNECTION**

# THE DIABETES FAMILY CONNECTION ***TEEN RETREAT HANDBOOK***

**October 16-18, 2026 | King, NC**

## **In this handbook you will find ...**

- A Quick Reference Guide
- Teen Retreat Outcomes
- Packing Lists
- Participants Expectations
- Diabetes Care at Teen Retreat
- Diabetes Technology
- Food & Cell phones
- Teen Retreat Policies
- Directions to Camp
- Important Reminders/Refund Info
- Camp Map
- Teen Drop off forms



## ***QUICK REFERENCE GUIDE***

### **Teen Retreat**

**Teen Retreat location:** YMCA Camp Hanes

**Teen Retreat address:** 1225 Camp Hanes Rd, King, NC 27021

**Opening day arrival:** Friday, October 16<sup>th</sup> 6:00 to 7:00 pm. Please eat dinner before arriving. Snacks will be provided.

**Closing day departure:** Sunday, October 18<sup>th</sup> @ 10:30AM

**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**

## ***TEEN RETREAT OUTCOMES***

- Build confidence and independence in managing Type 1 diabetes in new environments and everyday situations.
- Develop resilience and a Positive Mental Attitude (PMA) by learning strategies to navigate the emotional ups and downs of living with diabetes.
- Strengthen social connections by creating meaningful friendships with peers who share similar experiences, reducing feelings of isolation.
- Increase self-advocacy skills by practicing how to communicate their diabetes needs with friends, teachers, coaches, employers, and healthcare providers.
- Improve emotional well-being through open conversations about the unique challenges of adolescence and Type 1 diabetes.
- Develop leadership and teamwork skills by participating in group challenges, collaborative activities, and peer support.
- Enhance problem-solving abilities by applying diabetes management skills in real-world recreational settings and outdoor adventures.
- Gain a greater sense of belonging within the diabetes community, encouraging continued involvement in DFC programs and future leadership opportunities.
- Leave inspired to support others, recognizing the impact they can have as mentors and role models for younger children living with Type 1 diabetes.

# PACKING LIST

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

## 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 higher)
- Feminine hygiene products

## 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

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



# PACKING LIST - CONSIDERATIONS

## THINGS TO CONSIDER WHEN PACKING FOR TEEN RETREAT :

**DRESS CODE:** 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 Retreat Director. 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.
- 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 TEEN 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)





# PARTICIPANT EXPECTATIONS

Teen Retreat is designed to be a positive, supportive, and empowering experience for every participant. Our staff and volunteers work hard to create an environment where teens feel safe, included, and encouraged to grow. To help make this possible, all participants are expected to treat fellow campers, staff, volunteers, and camp property with respect and contribute positively to the community.

Teen Retreat may not be the right environment for every teen. Because we are responsible for the safety and well-being of the entire group, participants are expected to

- Follow Camp Rules
- Participate in scheduled activities
- Demonstrate respectful behavior.

If a participant is unable to meet these expectations and their behavior significantly impacts the safety or experience of others, The Diabetes Family Connection reserves the right to require that they be picked up early from the retreat.

To help every teen be successful, we ask that families share any behavioral, emotional, social, or developmental needs that may affect their child's experience. This information allows our team to prepare appropriate supports and partner with you to create the best possible retreat experience. All information shared will be treated with care and confidentiality.

## Challenge by Choice

Challenge by Choice means that participants are encouraged—but never forced—to step outside of their comfort zones. Whether it's climbing the ropes course, speaking up during a group discussion, trying a new activity, or taking on a leadership role, each teen is empowered to decide how they want to challenge themselves.

We ask every participant to:

- Be willing to try new experiences with a positive attitude.
- Challenge themselves at a level that feels safe and appropriate.
- Support and encourage others, regardless of the choices they make.
- Respect that everyone's comfort level and personal journey are different.

Choosing not to participate in a specific activity does not mean opting out of the group. Teens are expected to remain engaged, encourage their peers, and follow staff directions, even if they decide not to take part in a particular challenge.



# ***PARTICIPANT EXPECTATIONS***

**Please discuss camp rules and expectations with your child before coming to retreat.**

- Smoking, vaping, and the use of any tobacco products are prohibited.
- The use of, or presence of, alcohol and/or drugs is 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 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.**

## **Teens Driving Themselves to Retreat**

The Diabetes Family Connection allows eligible participants to drive themselves to and from Teen Retreat with written parent or guardian permission.

Participants who drive themselves must:

- Have provided written permission from a legal guardian at least 10 days in advance of the retreat
  - Including a photo of the teen's valid driver's license and auto insurance
- Arrive and depart only during designated check-in and check-out times.
- Turn in their vehicle keys to a DFC staff member upon arrival. Keys will be securely stored and returned at check-out.
- Leave their vehicle parked for the duration of the retreat. Participants may not access or use their vehicle during the weekend.

For the safety of all participants, teens who drive themselves may NOT transport other participants to or from the retreat unless all legal guardians involved have provided written permission in advance and the arrangement has been approved by The Diabetes Family Connection.

The Diabetes Family Connection is not responsible for loss or damage to personal vehicles or belongings left inside vehicles. Participants are encouraged to bring all necessary items with them at check-in.

These guidelines help maintain a safe, supervised retreat environment while providing flexibility for older teen participants.



# DIABETES CARE AT TEEN RETREAT

Your teen will be cared for by our highly qualified and experienced medical team throughout the weekend. Our staff includes counselors and program leaders, many of whom live with type 1 diabetes themselves; registered dietitians; certified diabetes care and education specialists; nurses; pharmacists; physician assistants; endocrinologists; and physicians.

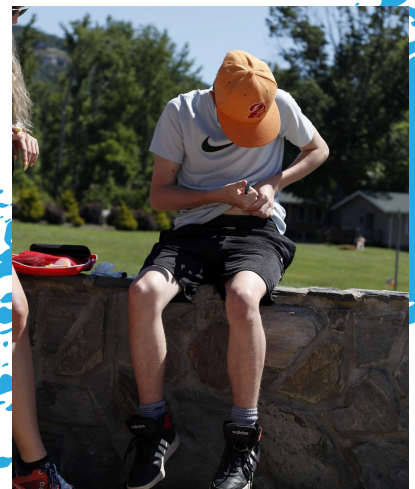
Each cabin includes 8–14 campers, 2–4 counselors, and 1–2 licensed healthcare professionals. This unique model allows our campers to receive individualized medical support while building confidence and independence in managing their diabetes.

At every meal, campers meet one-on-one with their cabin medical counselor to review blood glucose trends, count carbohydrates, and calculate insulin doses together. Throughout the day, our medical team is available to monitor blood glucose levels, treat highs and lows, and make insulin adjustments as needed. Cabin medical staff work closely with the Lead Medical Staff to ensure consistent, safe, and personalized care.

Teen Retreat is designed to help campers practice managing diabetes in a real-world setting while enjoying camp activities and spending time with peers who understand life with type 1 diabetes. Our goal is to encourage independence while providing the support and supervision needed to keep every camper safe.

Please note that your teen's blood glucose levels may be different than what you typically see at home. Increased physical activity, changes in routine, excitement, stress, meals, and other camp-related factors can all impact blood sugar levels. While our medical team carefully monitors each camper and makes thoughtful adjustments throughout the weekend, it is not always possible—or appropriate—to maintain the exact same glucose patterns experienced at home.

If you have questions or concerns about your teen's diabetes management before retreat, we are happy to discuss your child's individual needs and help ensure they have a safe and successful weekend.



# DIABETES TECHNOLOGY GUIDELINES

We encourage campers to continue using the same diabetes technology they use at home, including CGMs, insulin pumps, and automated insulin delivery systems.

Because camp routines, activity levels, and schedules are different from home, blood glucose patterns and insulin needs may change throughout the weekend. Please review our diabetes technology guidelines before retreat so you know what to expect.

## Continuous Glucose Monitors

**Numbers from Dexcom (G6/G7 System) and Freestyle Libre monitors may be used to dose insulin.**

All campers will do fingersticks when needed.

If any of the following are true, it is recommended that the number be confirmed with a fingerstick before dosing:

- Child's symptoms do not match the reading.
- CGM has not been calibrated as per manufacturer's guidelines.
- We encourage the "share" feature to be turned off during the retreat. We want the retreat to be a respite for parents as well an opportunity for independence and empowerment.
- Sensors will be replaced as needed; please send at least one extra to the retreat.
- High blood glucose alarms may be changed during the retreat.
- Low glucose alarms will remain engaged, but may need to be adjusted given different activities at camp.

If integrated into a supportive insulin pump, the "suspend before low" (Medtronic); "Control-IQ" (Tandem); "adaptive basal" (Omnipod 5) feature should be enabled while at camp due to activity levels and routines being different than at home.

## Insulin Pumps

### Pumps:

- A "camp basal" setting in addition to temporary basals may be used at camp due to changes in activity level and routines.
- Most commonly, campers are put on a "camp basal" or reduced temporary basal for the weekend as they adjust to the new schedule and excitement of retreat.
- Be sure to review your child's pump settings when they return home, as some settings may be altered at camp.
- The "smart" feature (example: Bolus Wizard) will be used at camp. Please be sure your child's settings and ratios are as up to date as possible prior to attending.

### Medtronic 670G/770G/780G & OmniPod 5 Users ONLY:

- Child must have been using automode for more than 1 week prior to camp in order to use automode at camp. Camp is not the place to start automode for the first time due to variability in schedules and routines.
- Prior to camp, parents should review Manual mode settings with their healthcare provider to be sure they are as up to date as possible at camp. This will minimize differences in dosing if/when your camper is in Manual mode. (Note: We encourage no more than a 10% difference between Auto and Manual mode basals, prior to the start of camp)

### "Do It Yourself" Pumps (Loop, OpenAPS, AndroidAPS) Users ONLY:

At this time, we can only support FDA approved devices at Camp Morris. DIY Loops are NOT allowed at camp. Please work with your healthcare professional to transition to a FDA approved system prior to camp.

**The DFC will not be responsible for lost, misplaced, or damaged devices.**



# 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 Teen Retreat application and enrollment process.

## TEEN RETREAT POLICIES

### Cell Phones

As technology advances, we recognize more and more campers are using cell phones for their insulin pump and CGM devices. Campers may bring their phones to camp, but the expectation is that they will only be used for diabetes management. We ask that all cell phones be placed in airplane mode and highly encourage you to turn off the share feature before arriving at the retreat. Diabetes devices all connect to cell phones via Bluetooth technology, so removing the SIM card or using airplane mode will not affect the ability to manage devices through the cell phone.

Campers will be able to carry their cell phone when outside of the cabin, but phones will be placed in the cup at the end of their bed when in the cabin. Cell phones will not be allowed in any bathroom areas. While cabins have plenty of outlets, we highly recommend packing wireless chargers or battery packs to facilitate charging of all diabetes devices. We also ask that you do not contact your teen via calls or texts while they are at retreat.





# TEEN RETREAT POLICIES

## Prescription Medication

An increasing number of children are on medication for ADD/ADHD (Concerta, Ritalin, Dexedrine, Adderall, Strattera), depression or other psychological conditions. These medications allow a child to take advantage of all that a school environment has to offer. Retreat is no different, but many prescribing physicians are not familiar with camp/retreat and may take a child off medication without knowing the full implications. While many children do well off of ADD/ADHD medications and similar drugs for their summer vacations, camp/retreat is a very stimulating environment. The continuous social interaction can be stressful for children with certain conditions, and they can be at a disadvantage trying to make friends and participating in activities, discussions, and performances without their medication. **Leaving a child on or putting a child back on their medications for camp is recommended by the American Camp Association.** It is our experience that campers still need their school doses to make friends and enjoy all of the activities and interactions at retreat.

If your child is on medication or if your child has an IEP for any condition other than diabetes, please let us know so we can decide together whether having a plan at retreat would be of benefit.

If you have any concerns regarding your child, please be sure to note them on the health forms and provide as much detail as possible. Any information regarding your child will assist staff in working to provide the best camp experience possible. We want to partner with you in setting your child up for success at retreat.

## Medication Policy

To support independence while maintaining a safe environment, all medications (prescription and over-the-counter) will remain with each teen throughout the retreat. Medications must be kept in their original labeled containers. Staff will provide reminders and support to help teens take their medications as outlined on their completed health forms but will not routinely store or administer medications unless otherwise arranged. Teens are expected to keep their medications secure and not share them with anyone else.

# TEEN RETREAT

## 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 retreat, please encourage healthy habits like frequent handwashing and covering coughs and sneezes with an elbow instead of hands. If possible, limit your family's exposure to individuals who are sick in the weeks leading up to camp.

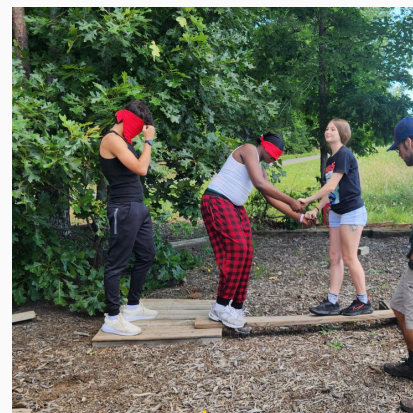
**Most importantly, please keep your teen home if they are sick.** This includes vomiting, diarrhea, persistent coughing, fever, or other symptoms that may indicate a contagious illness. Campers should remain home until they have been **fever-free for at least 24 hours without the use of fever-reducing medication** and are feeling well enough to fully participate in the retreat experience.

## 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 the Admin for details and procedure at [admin@thedfc.org](mailto:admin@thedfc.org).
- 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.



# ***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 15<sup>th</sup>.

## ***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](mailto:admin@thedfc.org)



# CAMP MAP

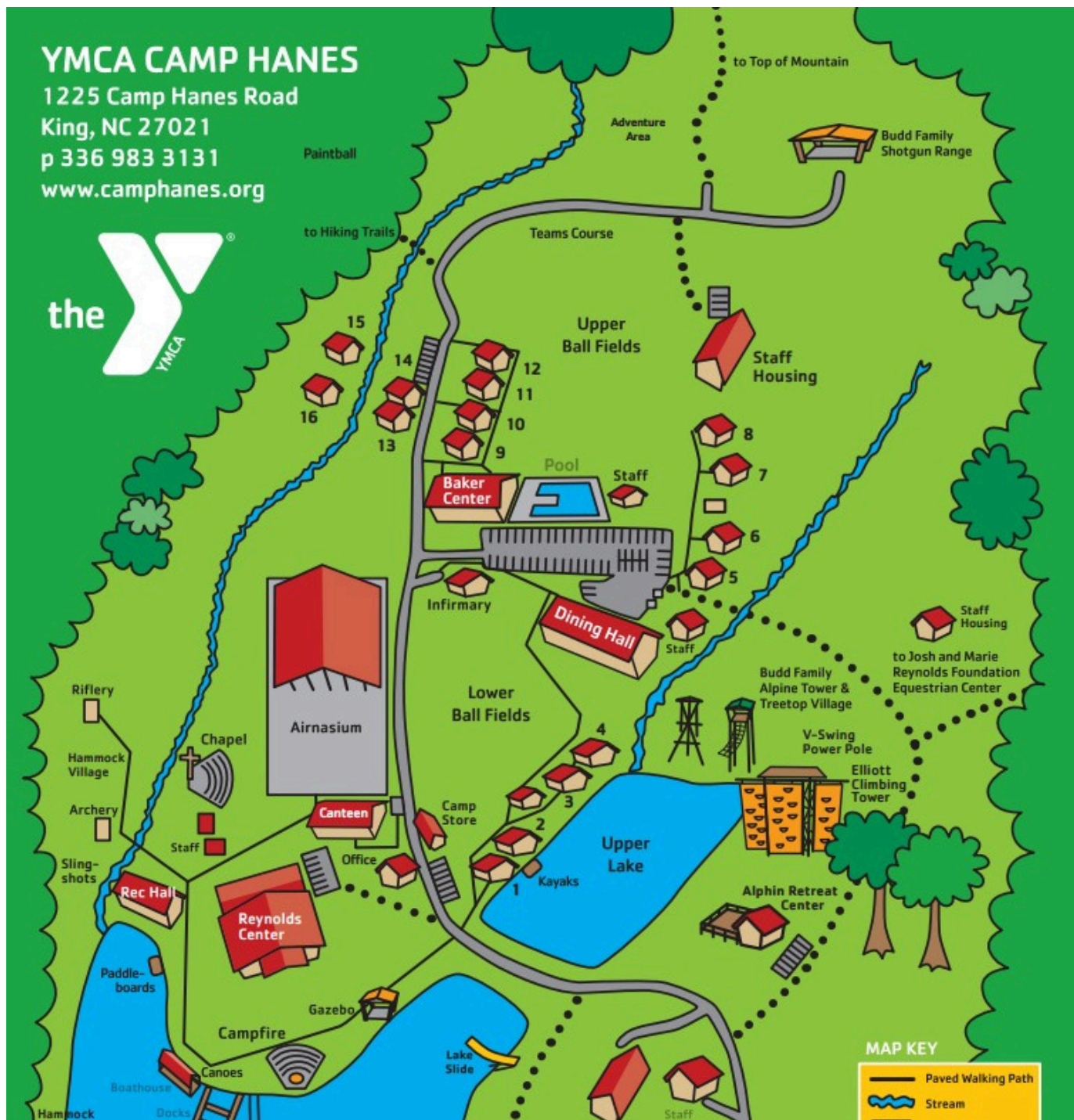
## YMCA CAMP HANES

1225 Camp Hanes Road

King, NC 27021

p 336 983 3131

[www.camphanes.org](http://www.camphanes.org)





## 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?