



Camp planning: Parents and carers checklist

Camp is an exciting time and is important for your child's growth. This checklist can help you work with your child's school and diabetes health professional(s) to plan a safe, supportive, and inclusive camp.

1. Meet with the school to discuss camp details

When	At least one full term before camp
Who	School staff, parents/carers, and your child
Optional	Your child's diabetes health professional(s) and camp staff

Key things to discuss

- Location of the camp
- Camp menu
- Travel arrangements to and from the camp
- Camp activities
- School staff and parent/carer expectations
- Phone network coverage at camp

2. Meet with your child's diabetes health professional(s)

When	After your initial meeting with the school
Who	Parents/carers, your child's diabetes health professional(s) and your child

Key things to discuss

- Developing the camp diabetes management plan
- Information gathered from the initial meeting with the school
- Additional staff training, e.g. glucagon administration
- Type 1 diabetes equipment
- Back-up plans in case of equipment failure
- Expectations of what the student is responsible for at camp
- Overnight glucose checks at camp
- Adjustments to insulin doses for camp activities
- Action (emergency) plan

3. Meet with the school to discuss the camp diabetes management plan

When	Once you have the camp diabetes management plan
Who	School staff, parents/carers, and your child
Optional	Your child's diabetes health professional(s)

Key things to discuss

- Implementing the camp diabetes management plan
- Roles and responsibilities of the staff and student at camp
- Access and management of diabetes supplies and medication such as hypo kits, glucose monitors, and insulin
- Additional staff training, e.g. glucagon administration
- Back-up plans in case of equipment failure
- Managing emergencies at camp
- Communication plan during camp