After a child is diagnosed with T1D, parents may wonder if going to a traditional camp is possible. Traditional camps can be great option, but there are some necessary steps you will need to take to make sure it's a safe and positive experience for you, your child and the camp.

- Research – contact the camp to see if they have ever had a camper with T1D. If not, speak with the camp's staff to determine their capabilities to take care of your child. Some camps do not have full-time medical staff and they may or may not have experience with T1D.
- Educate and Train – If the camp has not had experience with a child with T1D, you will need to work with the camp to decide who will be in charge of their care and train them (and other staff coming in contact with your child) prior to the start of camp. You can refer to the ADA's position paper on the management of diabetes at camps.
- Communicate– Plan to communicate often with the camp about your child's diabetes care. Often, a child's activity level at camp is increased so insulin levels may need to be decreased during the week and blood glucose checks may need to occur more often.
- Plan for Special Accommodations – Discuss with the camp any special accommodations that may need to be made such as having snacks/juice in the cabins at night.
- Pack – Double up on supplies and decide where the supplies, such as insulin, will be kept.

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Disclaimer: This document is not intended to take the place of the care and attention of your personal physician or other professional medical services. Our aim is to promote active participation in your care and treatment by providing information and education. Questions about individual health concerns or specific treatment options should be discussed with your physician.

Recommended

Going to Camp

Diabetes Camps and Conferences

Sources of Support