

Kids Camp Checklist

No	ITEM	TICK
1	Follow the camps organisers' recommendations on the list for clothes, shoes, swimming and sleeping gear.	<input type="checkbox"/>
2	Ensure you have enough glucose monitoring equipment and spare batteries, a spare meter and strips (including ketone strips) for the camp.	<input type="checkbox"/>
3	Ensure you have enough insulin (and spare insulin and also pens if you are pumping) for the duration camp. Consider the storage of your insulin on camp.	<input type="checkbox"/>
4	Have a hypo kit with spare replacement treatment for the duration of the camp.	<input type="checkbox"/>
5	Take along a 'bum bag' for your gear while you are doing activities.	<input type="checkbox"/>
6	Make sure your teachers and the camp directors know that: <ul style="list-style-type: none"> You are allowed to eat and drink on the bus (if travelling by bus) You may need access a toilet or regular toilet stops 	<input type="checkbox"/>
7	Ensure that you have a sharps container and consider where you dispose of your strips.	<input type="checkbox"/>
8	Take your Diabetes Action Plan for the teachers and camp organisers to follow.	<input type="checkbox"/>
9	Ensure that your parents and teachers and camp organisers have a had a conversation about your camping needs.	<input type="checkbox"/>
10	Chat to your friends about what signs to watch for to alert them, if you are having a hypo and may need assistance and support.	<input type="checkbox"/>

HAVE FUN! 😊