

Diabetes Camp

Sample Schedule

Residential Camp

*The following is a **SAMPLE** schedule of a typical day at a residential/overnight Camp. This does not reflect every Camp's schedule. Each Camp's schedule is different. This sample schedule should only be used to give you an idea of what you can expect at Camp.*

- 6:30 a.m.** Rise and shine
- 7:00 a.m.** Blood and urine testing
- 7:30 a.m.** Insulin dosing
- 8:15 a.m.** Breakfast

- 9:00 a.m.** Morning Activities/Education
- 10:00 a.m.** Morning snack
- 10:30 p.m.** Continue activities

- 12:00 p.m.** BG testing, insulin dosing and injections
- 12:30 p.m.** Lunch

- 1:00 p.m.** Rest period
- 2:00 p.m.** Afternoon activities/education
- 3:00 p.m.** Afternoon snack/continue activities

- 5:00 p.m.** BG testing, insulin dosing and injections
- 6:00 p.m.** Dinner

- 7:00 p.m.** Evening Activity

- 8:30 p.m.** BG testing, insulin dosing and injections
- 9:00 p.m.** Evening snack
- 9:30 p.m.** Lights out

- 10:00 p.m.** All medical staff review the day's testing results and determine tentative doses for the next day. Prepare 12:00 a.m. lists of extra blood and urine tests to be done by counselors.

- 12:00 a.m.** Counselors do assigned blood tests

- 2:30 a.m.** Night rounds begin (at least two medical personnel) Counselors on overnight outings help medical personnel