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Dear

We are thrilled you will be spending a part of your summer with The Barton Center's New England Adventure Program! You are now registered for one of the very few outdoor adventure programs designed specifically for adolescents with type 1 diabetes. We look forward to providing you with a challenging, yet incredibly rewarding summer experience.

***Program Goals:***

As a Barton Center program for adolescents with type 1 diabetes, we have a strong commitment to teaching diabetes management skills. Managing diabetes in the outdoors is quite different than managing diabetes at home. The long hours of exercise, the increased calorie consumption, and our remoteness require a different approach in order to maintain our energy and stay safe. Participants in the past have been surprised by how much more they eat, how much more often they find themselves checking blood sugars, and how dramatic their insulin reduction is. Our goal as experienced outdoor staff is to work closely with participants and guide them into discovering, then practicing optimal diabetes management techniques. It is very unlikely that we will tell you how to manage your diabetes, but you will hear us asking questions - a lot of questions - and see us writing down a lot of numbers. Each day you will sit down with a Health Care Staff member to review your diabetes management for the day and make a plan for the next day. You may also find yourself sharing what you learn with others on the trip. Together, you, the other participants, and your group of leaders will help you to better understand your diabetes management and how it changes in physically demanding situations.

Our goal is to provide you with a different type of camp experience. It will be more active, more hands-on, and more driven by you. We have created an itinerary that we believe will be challenging but ultimately a lot of fun. We hope that by choosing to participate in these activities you will **feel pride in yourself** and create lifelong memories. You will get through these challenges by focusing yourself and by working together with the other members of our supportive group. At the end of the trip, we want you to be able to write in your journal when thinking back at what you have accomplished, "I never thought I could do this!"

***Program Logistics:***

Please arrive at Clara Barton Camp on Saturday, July 11<sup>th</sup> (opening day) between 1 p.m. and 3 p.m. The first day will be spent at CBC preparing for our trip and getting to know one another. We will leave Sunday morning to begin our adventure. Parents/guardians will pick up campers on Saturday, July 25<sup>th</sup> (closing day) between 9:30 a.m. and 11:00 a.m. When pursuing any outdoor trip, we must understand that things might change. Weather and news about trail, cliff, and water conditions may have an effect on our itinerary. You can expect, however, that we will be sleeping in tents, cooking our own food, and getting dirty. You and your family will have an opportunity to discuss these details with the trip leaders when you arrive.

***Trip Staff:***

The Barton Adventure Program has once again partnered up with the trip leaders from Venture Outside. Dave Santillo and Ellie Osborn are very excited to lead our New England Adventure Program again this summer. They are both highly trained, enthusiastic about the outdoors, and have an incredible mantra of combining physical and holistic activities in nature. Between the two of them they have many years experience with adventuring and the outdoors. Dave has his PHD in biology and is an experienced licensed Maine guide, while Ellie is an experienced educator, musician, athlete, coach, and environmental advocate. Each trip has Barton staff members, one of whom is a registered nurse. Leaders have certifications in Wilderness First Responder or

Wilderness First Aid and CPR when on trips not near advanced medical care. There will also be at least one staff member who is a certified lifeguard. Additionally, Barton staff members have both professional and personal experience with diabetes in the outdoors. You and your family will have the opportunity to meet the staff in person on your arrival day.

***How to Prepare:***

We have enclosed a list of what every participant must bring. Please review this list soon. You will need to arrive at Clara Barton Camp with all the equipment on the list.

One item that you must purchase if you don't already own is a pair of good, sturdy, hiking boots. A pair of sturdy, **broken-in boots** will make our trip much more enjoyable for you. If your boots are not broken in, they will cause painful blisters. We recommend buying boots now so you will have time to break them in. You can break them in by wearing them around the house first, then going on short walks, then longer walks or hikes.

***What Not to Bring:***

Please leave all extra food at home. Tobacco products or other recreational drugs are also not allowed on the trail and are grounds for immediate dismissal from the program. Lastly, we want our participants to be plugged into the group rather than wired to an iPod or cell phone. Please leave personal electronic devices that are unrelated to your diabetes management at home. If you require a cell phone to receive data from your CGM, you may use your phone for that purpose only and may not share that data with anyone not participating in the Adventure Program.

The Barton Center will provide all the group gear. This means all food, hypoglycemic treatment supplies, diabetes management supplies (except pump supplies, pump batteries, and CGM sensors), tents, tarps, cookware, water purification, etc. Take a look at the list. If it isn't there, you don't need it. If you don't need it, don't bring it.

***Physical Preparation:***

In the outdoors we learn to expect the unexpected – a fast approaching storm or a longer-than-planned day outside. Those things happen...we just don't know when. What *can* we expect? First, we will work hard physically. Traveling and playing in the outdoors can be more challenging than anticipated. The very things that make the outdoors challenging are the same things that make it worth being there. Secondly, all participants can expect to carry a pack containing their shelter, sleeping bags, food, personal, and group gear. It can weigh as much as 35 lbs., depending on one's size and strength. And finally, cooking, cleaning, and care-taking are all shared group responsibilities.

Besides having the appropriate gear, you can prepare by being in-shape physically. We are not expecting anyone to arrive in marathoner-shape, but training a bit to get ready will be helpful. Walk, run, or bike in the few weeks leading up to the trip to build leg strength and lung capacity. One of the best ways to prepare is to load up your backpack and go for a hike with that fully-loaded pack.

***Questions:***

We are happy to answer any of your questions about the New England Adventure Program. Please feel free to contact us with any questions about adventure programming, preparation, and travel to and from the camp.

Sincerely,

The Barton Center Staff  
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