

Gluten-Free Camps

There are many great camps offering gluten free options if you're thinking about sending your child to sleep-away camp. Be sure to book early as most camps do fill up. See below for a brief summary of each celiac camp.

- **California:** Camp Celiac is for kids ages 9 to 17 years old (16-17 can attend as junior counselors) who have been diagnosed with celiac disease or gluten intolerance. Camp Arroyo is located near Livermore, California and offers two different sessions. Camp activities include ropes course, rock climbing, zip-lining, swimming, archery, boating, arts and crafts, skit night, and outdoor sports. For more information, go to www.celiaccamp.com.
- **Georgia:** Celiac kids can go to Summer Camp Weekaneatit at Camp Twin Lakes Camp Dream, in Warm Springs Georgia for a gluten-free camp experience including swimming, kayaking, archery, rock climbing and arts and crafts. For more information visit www.georgiarock.org or the camp directly at www.glutenfreecamp.org.
- **Michigan:** Camp Westminster's gluten-free camp session is called Free to Be Me. This Christian camp is located in northern Michigan and is for children in grades 1 through 9. The camp includes swimming, sailing and canoeing and specializes in teaching kids outdoor and leadership skills. For more information go to www.campwestminster.com.
- **Michigan:** The Michigan Capital Celiac/DH Group sponsors a summer camp at the Greater Grand Rapids Manitou-Lin YMCA in Grand Rapids, for children ages 7 to 17 years. Gluten-free campers eat separately from non-gluten free campers. For information go to lansingglutenfreegroup.weebly.com.
- **Minnesota:** Gluten Free Fun Camp takes place at Camp Courage in Annandale, Minnesota. Campers ages 8 to 17 years are welcome. For more information visit www.twincitiesrock.org.
- **North Carolina:** Camp Kanata, a YMCA camp located in Wake Forest, North Carolina, offers a gluten-free camp experience (one session only). Gluten-free campers attend camp with other campers but eat gluten free. Activities include canoeing, kayaking, fishing, sports, archery, dance, drama, nature, bouldering, arts and crafts and horseback riding. Campers ages 6 to 15 years are welcome. For more information visit www.campkanata.org.
- **Oklahoma:** Camp Waluhili in Tulsa was proud to offer Oklahoma's first gluten free camp in 2010. The camp offer a gluten-free experience for kids in grade 3 through 12 during in one session. Check out the website for more information. Go to www.tulsacampfire.org

- **Pennsylvania:** A dedicated gluten-free kitchen allows campers to eat gluten free while attending any session of New Jersey Y camps' Nah-Jee-Wah (grades 1-6), Cedar Lake (grades 7-9), and Teen Camp (grades 10-11). NJY camps are Jewish overnight camps located in Milford. There is a dedicated gluten free kosher kitchen. The camp also offers a gluten free family weekend.
Go to www.njycamps.org for more information.
- **Rhode Island:** Camp Celiac, located at Camp Aldersgate in North Scituate claims to be the largest celiac camp in the country, accommodating 171 campers and counselors in 2009. The camp runs one session and welcomes campers ages 8 to 16. For more information, visit www.campceliac.org.
- **Texas:** The Great Gluten Escape is located at Camp Gilmont in Gilmont, Texas, approximately 2 hours east of Dallas. Campers ages 7 to 15 are welcome. Normal camp activities are included.
For more information visit www.gilmont.org/camp.html.
- **Washington:** Camp Sealth, located on Vashon Island. Youths with gluten intolerance are highly encouraged to attend session with food prepared by Gluten Intolerance Group. Activities include archery, crafts, cooking, canoeing, horseback riding, kayaking, sailing, windsurfing, photography and fine art. Campers entering grade 1-12 are welcome. For more information, visit www.campfire-usa.org.