

Table S1. Standards for Reporting Qualitative Research (SRQR).

Section	Item	Location
Title/Abstract	1. Title	Title (p. 1)
	2. Abstract	Abstract (p. 1)
Introduction	3. Problem formulation	Introduction (p. 1–4)
	4. Purpose/research question	Introduction (p. 4)
Methods	5. Qualitative approach and research paradigm	Materials and Methods; Study Design (p. 4)
	6. Researcher characteristics & reflexivity	Materials and Methods; Researcher Reflexivity and Trustworthiness (p. 6)
	7. Context	Materials and Methods; Context and Participants (p. 4–5)
	8. Sampling strategy	Materials and Methods; Participants (p. 5)
	9. Ethical issues pertaining to human subjects	Materials and Methods; Ethical Considerations (p. 6)
	10. Data collection methods	Materials and Methods; Data Collection (p. 6)
	11. Data collection instruments & technologies	
	12. Units of study	Materials and Methods; Participants (p. 5)
	13. Data processing	
	14. Data analysis	Materials and Methods; Data Analysis (p. 6)
	15. Techniques to enhance trustworthiness	Materials and Methods; Researcher Reflexivity and Trustworthiness (p. 6)
Results/Findings	16. Synthesis/interpretation	Results (p. 7–8)
	17. Links to empirical data	Results (p. 7–8)
Discussion	18. Integration with prior work	Discussion (p. 8–9)
	19. Limitations	Discussion (p. 9)
Other	20. Conflicts of interest	Declaration of Competing Interest (p. 10)
	21. Funding	Funding (p. 10)

Table S2. Template for Intervention Description and Replication (TIDieR).

Item	Where Described (Page/Section)
1. Brief name	Methods; Context (p. 4)
2. Why	Methods; Context (p. 4)
3. What (materials)	Methods; Context (p. 5)
4. What (procedures)	Methods; Context (p. 5)
5. Who provided	Methods; Context (p. 5)
6. How	Methods; Context (p. 4)
7. Where	Methods; Context (p. 4–5)
8. When and how much	Methods; Context (p. 5)
9. Tailoring	Methods; Context (p. 5)
10. Modifications	Methods; Context (p. 5)
11. How well (planned)	Methods; Context (p. 5)
12. How well (actual)	Methods; Context (p. 5)

Table S3. Audit Trail with Themes, Codes, and Quotes.

Theme	Definition	Sub-Codes	Representative Sample Quotes
Physiology & Glucose Response Knowledge	Increased understanding of how the body responds to insulin, food, and activity	High/low symptoms, glucose trends, exercise effects	“I learned how exercise changes my blood sugar”/“I understand my highs and lows better”
Carbohydrate & Insulin Dosing Knowledge	Improved knowledge of carb counting and insulin dosing practices	Meal dosing, carb tracking, insulin timing	“I learned to dose for all my food”/“Carbs and insulin make more sense now”

Research & Cure Awareness	Exposure to diabetes research, technology, and cure efforts	Cure hope, tech advances, future treatments	"I didn't know how close they are to a cure"/"I learned about new diabetes technology"
Prior Knowledge/Limited Learning	Participants reporting minimal new knowledge	Experienced campers, early diagnosis	"I already knew most of it"/"Nothing new"
Improved Insulin Adherence	Behavioral commitment to consistent insulin use	Meal bolusing, corrections	"I took insulin every time I ate"/"I corrected my highs more"
Exercise as Management Tool	Use of physical activity to regulate glucose	Activity dosing, prevention of highs	"I exercised when my blood sugar was high"
Intentional Decision-Making	Increased self-regulation in diabetes choices	Monitoring, planning, prevention	"I thought more before eating"/"I made better choices"
Shared Identity Bonding	Social connection through shared T1D experience	Story sharing, normalization	"I wasn't afraid to talk about diabetes"/"Everyone understood me"
Recreation-Based Socialization	Peer bonding through camp activities	Games, sports, cabins	"We bonded playing gaga ball"
Friendship Formation	Development of new friendships	Cabin groups, team building	"I made new friends with diabetes"
Limited Social Connection	Difficulty forming peer relationships	Shyness, social barriers	"Not very well"