

MEDICATION GUIDELINES

If your camper takes medication regularly you will need to complete the Medication Record form. This record must be accurately completed no earlier than two (2) weeks before participant leaves for program as campers may not be on medication at this time, but find just before the camp that this has changed. **All prescription medications must be in the original container with pharmacy label specific to the camper or come with a doctor's prescription.** If participants are taking non-prescription medication regularly, such as allergy medication, that should also be included on the Medication Record form. Record the medications on the Medication Record form. This record is for all campers receiving any type of medication, whether it is for chronic or long-term conditions, or a short-term condition. Adults should also complete, but if they are sleeping in an adult-only area, they will be able to self-administer.

READ CAREFULLY THROUGH THE FOLLOWING MEDICATION GUIDELINES

1. **"OVER THE COUNTER" (OTC) MEDICATIONS:** We stock/bring a variety of "OTC" medication (see OTC list). Do **NOT** send "OTC" medications with your camper, UNLESS needed regularly or are special in some way and she cannot go without while at camp. These medications should be prescribed by your physician and must be in a properly labeled container (manufacturer's bottle or pharmacy container). This includes allergy medication or melatonin (i.e. Claritin, glucose tabs, gluten free medication, etc).
2. No aspirin-containing products will be accepted unless written authorization by a physician is given. Nor will we dispense any aspirin-containing OTC products to anyone under 18 years.
3. All prescribed medications must be written in English and legible.
4. Labeling on medication **MUST INCLUDE the following:**
 - a. Complete name of participant (medication prescribed for persons other than attendee WILL NOT be accepted)
 - b. Name of medication
 - c. Dosage, how often to be given, how to be taken
 - d. Expiration date
 - e. Name of prescribing physician
 - f. Storage or special instructions
5. Please make sure that you send the complete prescription sufficient for the trip (we suggest you do not send full bottles; however, a few extra pills in most cases is recommended).
6. **LIQUID ANTIBIOTICS:** This type of medication usually requires refrigeration and often 3 to 4 doses day. In a travel/camp setting, it is generally easier for your participants to have "chewable" antibiotics. Please ask for chewable or regular swallow type pills if antibiotics are required.
7. **METERED DOSE INHALERS:** These are the asthma inhalers. Please make sure to label all pieces (chambers, aerosol can, etc). Once checked in girls will carry inhalers.
8. **NEBULIZERS:** For asthma conditions; label all pieces of equipment and send complete instructions for use. Nebulizers all perform the same function but may operate differently. If a nebulizer is needed please contact about size and weight of machine for travel programs.

IT IS ESSENTIAL THAT THESE GUIDELINES BE FOLLOWED EXACTLY! WE WILL NOT BE ABLE TO ADMINISTER MEDICATION WITHOUT THIS RECORD ACCURATELY COMPLETED.

Thank you for your cooperation and help. We appreciate the time you have taken to complete these forms. It will help make this a healthy, positive experience.