



Dear Parents & Guardians,

The nursing staff tries very hard to ensure your child's safety while at camp. Please help us by filing out the health history form as completely and honestly as possible. If you did not upload signed physician's form on your CampBrain account, **please bring it with you to camp along with a copy of your health insurance card.**

Please send your child to camp with any medication in properly labeled containers. The label must have campers name, medication, dosage, time schedule, doctor's name and phone number and prescription number. No medications are allowed in the cabin with campers. This includes vitamins and all over-the-counter medications. If your child has an allergy, please note it on the health form. If your child requires an Epi-Pen, please include the Epi-Pen and a written doctor's order. If your child has asthma requiring an inhaler, please send two. The camper may carry a rescue inhaler and one will be kept in the health center. In the event that your child has had a recent injury or surgery, please include these in the health history.

If your child has any special needs, please feel free to call ahead or set up an appointment with the nursing staff before your child is scheduled to arrive at camp. We strive to make your child's camping experience the best it can be!

As always, your child's camp health folder *must* include the following:

1. **Physical exam by a doctor within the last 12 months**
2. **A copy of both sides of your health insurance card**
3. **A copy of an up-to-date immunization record**
4. **Parent/Guardian signature to authorize treatment in case of emergency**
5. **Written M.D.'s orders for any and all medication to be given to the nurse**
6. **List any and all emergency phone numbers including cell numbers**

Lastly, remember to send your camper with plenty of sunscreen, a reusable water bottle and insect repellent in a non-aerosol pump bottle or lotion.

Thank you for your time and effort in helping us make sure your child is safe and healthy while at Camp.

Sincerely,

The Nursing Staff