



# Quick Guide to Camper Medications

## NO NOTE NEEDED

- Prescription Meds
- Daily Required, FDA Approved OTC (ex. camper takes claritin daily)

## DOCTOR'S NOTE REQUIRED

- Non FDA Approved, required OTC (**melatonin**)
- If dosage camper requires is different than directions on label

## DO NOT SEND

- As Needed OTC
- Supplements/Vitamins unless medically necessary (Doctor's note required)

## PACKING MEDICATION CHECKLIST

### If OTC:

- **Unexpired**
- **Unopened Container**
- **Correct dosage**
  - For example, if doctor prescribes 1mg of melatonin, do not send a bottle of 3mg capsules

### If Prescription:

- **Unexpired**
- **Prescribed to Camper**
- **Original container**
  - No zip-lock bags or pill boxes
  - Original container should include prescription label (for inhalers/epi-pens prescription label may be on original box)

\*All meds are to be handed to check-in nurse at bus or camp on arrival day with completed **Camper Medication Form\***