

## Camp Pemi Medication Procedures

If your son takes prescription medication, over-the-counter medications, vitamins/supplements on a DAILY or REGULAR basis, OR emergency medications such as an inhaler or epipen at camp, we ask that you choose from one of the following flexible options to help ensure your child's medication arrives on time to Pemi.

**OPTION 1:** Bring your child's medication to camp on arrival day  
(or send your child with their medication via plane/chartered bus to be checked-in upon arrival by designated Pemi Chaperones. )

**OPTION 2:** Send your child's prescription to Pemi's local CVS pharmacy at least 7 days prior to your child's arrival to camp:

345 Highland St Plymouth, NH 03264

(p) 603 536-4079

### Medication Cross-Check - Have I completed all the steps?

**1) Complete the "Medication" section of the Health History Form.**

You must enter all medications or other supplements that your child will take DAILY or REGULARLY at camp in the medications section of the Health History form (page 5). This includes liquid, nasal spray, a medication patch, or rescue medication such as an epi-pen or inhaler. We stock over-the-counter medications that provide relief/comfort for the occasional need, and you do not need to enter these.

**2) Submit a Pemi Medication Authorization form**, signed by a licensed healthcare provider, for EACH medication listed in the health history form. Medications, both prescription and non-prescription ("over-the-counter"), vitamins/supplements will be administered only with authorization by a licensed healthcare provider (physician, nurse practitioner, or dentist) and written consent from the parent/guardian. This includes emergency medications, inhalers/epipens. The parent/guardian is responsible for obtaining the authorization of the healthcare provider as well as providing the specific medication to be administered at Camp Pemigewassett.

- If your son may need only occasional over-the-counter medication during his time at camp (vs. daily or regular use), there is no need to sign separate Pemi Medication Authorization Forms or bring these medications to camp. The Health Center does, of course, stock over-the-counter medications for anyone's use as-needed (such as Tums, Tylenol, Benadryl, Nyquil, ibuprofen, etc.), and will administer them with the pre-written parental permission obtained in Pemi's forms.

**3) Submit an Emergency Action/Anaphylaxis/Asthma Plan**, for those campers that require emergency/rescue medication for asthma or food allergies, please have their

physician complete an action plan for health care staff and counselors to follow. Upload this plan directly in the Forms & Documents section of your online account. Camp Pemi has epi-pens available in multiple locations throughout camp and in our vans. Emergency medication and action plans will accompany campers when they leave camp for sports competitions, hikes, and camping trips.

- [Click here for the American Academy of Pediatrics \(AAP\) blank Asthma and Anaphylaxis plan \[PDF\]](#)

**4) Remember to Pack your Medications!** Please make sure all medications are supplied to camp in the following way:

- Over-The-Counter/non-prescription medication must be in the ORIGINAL store-bought container with dosing on the original label.
- Prescription medication must be in the ORIGINAL container with a pharmacy label, which includes the child's name and dosing instructions.
- Insulin & Epipen Medication must be in the ORIGINAL container (vial) with pharmacy label, which includes child's name and dosing instructions.
- ALL Inhalers & Nebulizers Medication must be in ORIGINAL container with a pharmacy label (on the box), which includes the child's name and dosing instructions.
- All medications should be placed in a gallon zip-lock bag, labeled with the child's name and checked-in with designated health center staff or Pemi chaperones (if traveling by bus or plane).
- Make sure medications are NOT EXPIRED - this includes emergency medications such as inhaler/Epipens.

**Unacceptable forms of sending medications to camp. Please DO NOT SEND medications this way:**

- NO Baggies with loose pills (Original containers only)
  - NO Sunday-Saturday containers with pills (Original containers only)
  - NO expired medications
  - Inhalers or Epipens without a label (pharmacy label required)
  - Any prescription medications without the pharmacy labels\* (pharmacy label required)
- \*Your pharmacy can print you a new prescription label if you have misplaced one.

**5) Upon arrival at Pemi, check in your medications.** If you are arriving by car you will check in your medications when you complete your health screening with the health center staff. If your son is arriving by bus or plane, medication will be checked-in and collected by a designated Pemi chaperone. Campers and staff are not permitted to keep any type of medication with them in the cabins, with the exception of emergency medications such as inhalers/epipens.