

CAMP PEMIGEWASSETT

Happy New Year to our new Pemi campers!

While the start of camp is still in the distance, we encourage families to check a few items off their "to do" list each month. This will make the preparation for camp more manageable and stress free. Read on for how to prepare for Pemi in January!



Prepare for PEMI in January

Physician Exam, Immunizations & Medications

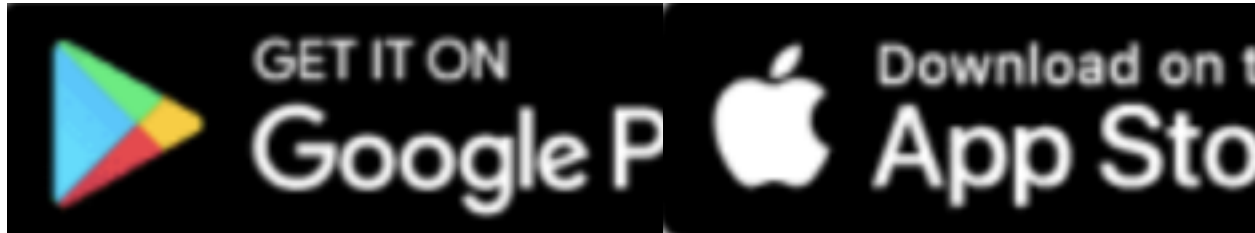
While Pemi forms won't open until March 1, it is important to plan ahead for several forms which may need a trip to the doctor!

- **Make a doctor's appointment:** Pemi requires a physical exam with **physician signature** that has been **completed within the last 24 months** of the dates your child is at camp. We need updated immunization records as well!
- **Review [Pemi's 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, they will need a completed **Pemi Medication Authorization form signed by their provider** in order for our health center nurses to hold and dispense.

Download the Companion App

In March, we will activate Pemi's camper forms. The easiest way to complete [Pemi forms](#) (and **access photos of your camper throughout the summer**) is through the

Campanion App. Campanion allows you to complete pre-camp forms and upload paperwork directly to your Pemi CampInTouch account. Download the Campanion app and log in using your Pemi CampInTouch email and password.



Preparations & Conversations with your Camper

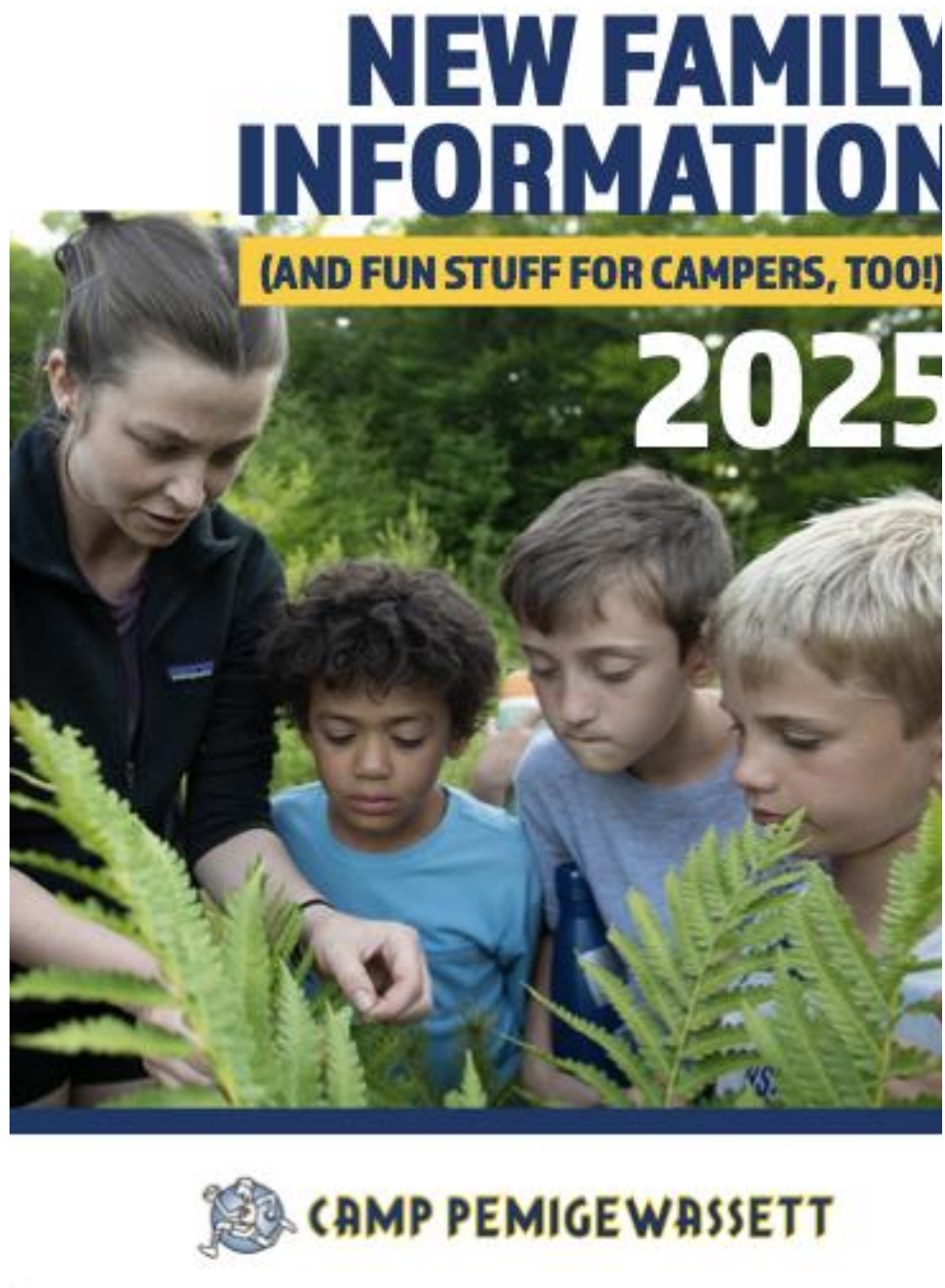
Talk to your Camper about Communication

Ask yourself, is your camper one to reach out when they need assistance, or sit back and stay quiet? If they tend to be quiet or more hesitant to communicate needs, this may be a topic you want to begin to discuss with your camper in the lead up to camp.

- **Remind** campers that in lieu of family, there are many helpers at Pemi they can talk with if needs arise. Often there are simple solutions we can put into motion, once a need is identified, resulting in a happy and comfortable camper.
- **Identify the Helpers** (we will do this too!) from cabin counselors, to directors, to Health Center staff, encourage your camper to find who they feel comfortable communicating their needs with.
- **Areas of need** can vary for each camper. If your child experiences a need that might be more sensitive (wetting the bed, making friends, finding foods they like to eat, sleepwalking) please reach out to johanna@camppemi.com for more strategies and discussion on how Pemi can support your camper.

Review December's New Camper Newsletter, [HERE!](#)

**Check
your
mailbox
for the
2025
New
Family
Mailing,
arriving
in
Februar
y!**



I'll be in touch next month with more to think on for this upcoming adventure. As always, reach out with any questions or concerns!

Warmly,

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Camp Pemigewasset

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