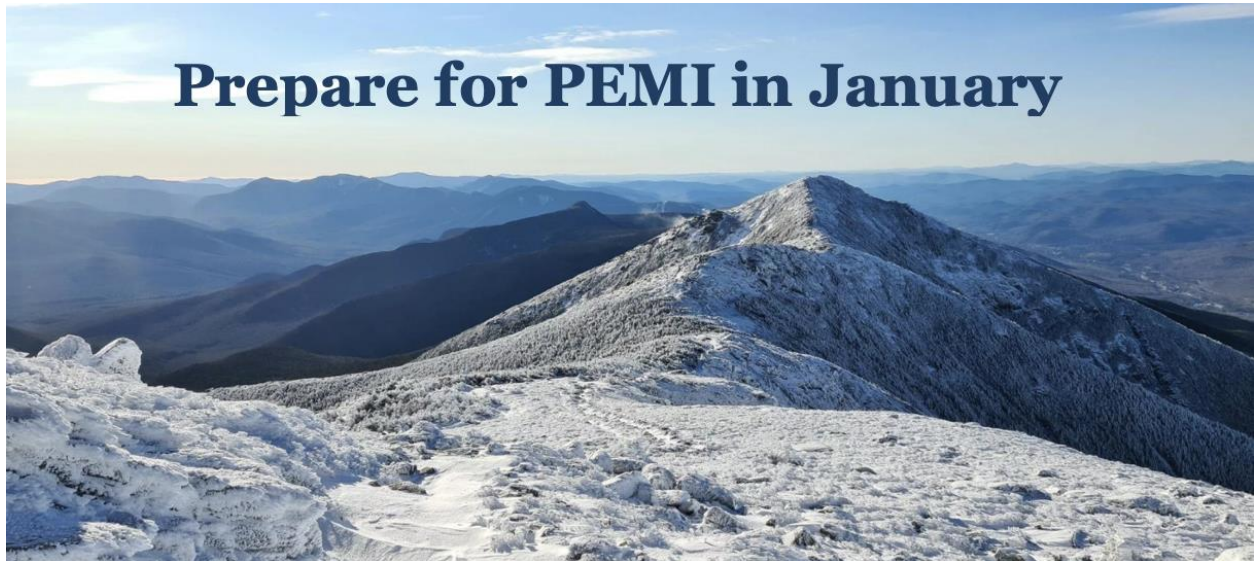


CAMP PEMIGEWASSETT

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.
 - You now have access to the Pemi physical exam form in your [CampInTouch account](#). You may also use your clinic issued physical exam, as long as the physician signature is included.
- **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 Companion App. Companion allows you to complete pre-camp forms and upload paperwork directly to your Pemi CampInTouch account. Download the Companion app ([Apple](#)) ([Google](#)), and log in using your Pemi CampInTouch email and password.



Preparations & Conversations with your Camper

Talk to your Camper about Communication

Is your camper one to reach out when they need assistance, or sit back quietly and wait? If they tend to be quiet or hesitant to communicate needs, this may be a topic you want to discuss with your camper in the lead up to Pemi. Feel free to let [Johanna](#) know if your camper is shy or reluctant to ask for support.

- **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 out the
2026 New
Family Mailing,
here!**



REMINDER: The Pemi team will be in New York & Massachusetts for open houses over the next few weeks. Pemi Open Houses are great for new campers to learn more about Pemi, and returning campers to re-connect with friends!

NEW YORK, NEW YORK

Sunday, February 1, 2026; 1 pm
The Woolley Family
(Myles – 11 & Charlie – 9)

14 West 17th St, #11S
[RSVP – ken@camppemi.com](mailto:ken@camppemi.com)

NEEDHAM, MASSACHUSETTS

Saturday, February 7, 2026; 1 pm
The Howland Family
(Russell – 11)
33 Longacre Road, Needham

[RSVP – ken@camppemi.com](mailto:ken@camppemi.com)

February 10th, will be our next Zoom Open House at 7pm eastern. [**You can register here!**](#) Virtual open houses are designed for prospective and first time families.

Open houses, both virtual and [**in-person**](#), can be a helpful tool for familiarizing your first time camper with Pemi staff and building excitement and comfort prior to the start of the summer.

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,

Johanna Zabawa - (she/her/hers)
Camp Pemigewassett
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Health & Wellness
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