



Guide to your Child's Medications for Overnight Camp

The medical form is where you will let us know which medications you will be bringing for your camper.

Packing medications

State regulations require all medication to be in their original containers, so **please keep all prescription medication in its original container with the camper's name on it.** We cannot make exceptions.

Also, we cannot administer prescription medications that are:

- Expired. All medication must be currently valid.
- Prescribed to other people. Medication must be prescribed to the camper only and not other family members.
- If dispensing instructions have changed, please ensure the label is updated by the pharmacy.
- Compounded or mixed at home.
- Broken in half. We cannot administer medicines that are cut or broken into smaller doses than prescribed.
- Regulations require us to follow the directions on all medicines unless we have a note from a physician authorizing something different. So if a bottle says it is for adult use only and it is checked in for a ten-year-old, we cannot administer it. If you request a higher dosage than what is listed on the medication directions, you'll need a doctor's note for that.

Medications given to the CHO (Camp Health Officer)

We will collect all medications at Check-In on Sunday evening to ensure that no other campers have any access to them.

Exceptions are made for rescue inhalers and epi-pens. If you would like your camper to carry it and feel that they are responsible to have it on them at all times, be sure to mention that on the medical form. You will sign a form stating your consent on Sunday at the CHO/nurse table.

If no consent is signed, the CHO will carry the camper's rescue inhaler or epi-pen on them at all times and will be notified immediately if it is needed.



Please leave non-prescription medications other than allergy medicine at home for the week. This includes supplements and vitamins.

See a full list of the medication which we keep on hand at the bottom of this guide (kept according to doctors standing orders). Continue to pack your over-the-counter allergy medications and turn those into the nurse. These include Flonase, Zyrtec, Claritin, Allegra, and anything else not on the list.

What about melatonin?

You can send it, but two important things to note. Your camper will be going hard all day long. So the likelihood of them needing something to help them fall asleep is low. In addition, by law we must follow the dosage directions on all medicines (including melatonin), unless we have a doctor's note stating otherwise.

What about essential oils or vitamins?

Due to the already large amount of medicines tracked and given out during the week, we do not administer essential oils or vitamins to campers. Please do not send them in your camper's luggage.

What about CBD oil?

Similar to essential oils, we do not administer CBD oil to campers, and we ask that you not pack it in your camper's luggage.

When are medications given out?

We keep all medications locked up, and dispense them throughout the week according to the prescription written on the bottle or directions on the package/bottle.

We dispense medications Sunday at evening snack bar and bedtime, Monday to Thursday at breakfast, lunch, dinner, evening snack bar and bedtime, and Friday breakfast, lunch, and dinner. Any "as needed" medications are given throughout the day/night when a camper asks for them.

How do I get my meds back?

On Friday evening you can pick up your meds from the table at the front of the gym before or after closing ceremony. **Please don't forget!**

See below for a full list of medications His Hill keeps on hand

List of His Hill Medications

Allergy / Antihistamines / Sinus / Cold and Cough

- Benadryl/diphenhydramine HCL (liquid, pills, topical)
- Chloraseptic throat spray
- Chlortrimeton
- Claritin (liquid, children's, and tablets)
- Robitussin / Robitussin DM
- Sudafed

Eye/Ear Drops

- Eye Wash
- Post-swimming ear drops
- Redness reliever eye drops

Pain Reliever / Fever Reducer / Analgesics

- Ibuprofen (liquid, jr chewable tablets, 200 mg tabs)
- Midol complete
- Tylenol (jr. chewable tablets and 500mg tabs)

Stomach Relief

- Doxidan (Bisacodyl tablets)
- Emetrol
- Imodium (loperamide)
- Maalox (bismuth subsalicylate)
- Tums

Topical

- Aloe Gel
- Athlete's foot cream
- Benadryl Anti-Itch
- Calamine lotion
- Hydrocortisone
- Neosporin
- Sterile saline
- Vaseline