



CAMPER MEDICATIONS AND PACKING LIST

MEDICATIONS FOR CAMPERS

All medications to be administered at camp must be from a licensed pharmacy. They must be labeled with the pharmacy's name, address and phone number as well as have the child's name; the name and strength of the medication; directions for use; date filled; prescription number; and the name of practitioner prescribing the medicine.

All medications must be left by a parent/guardian with our medical staff in the "Med Shed" at check-in. If you are sending supplements or other OTC meds, they must have a practitioner order if they are to be administered at camp.

We will have sunscreen and insect repellent for all campers, however, if you have a preference for your child, please supply enough for the week.

If your child is not feeling well on opening day—fever, sore throat, chills, etc—please do not bring them to camp.

WHAT TO BRING TO CAMP

June in the mountains can change from hour to hour. Please prepare for cold and heat.

- Warm sleeping bag or sheets/blankets for bunk
- Pillow
- Flashlight or headlamp (extra batteries)
- Shirts /Tops (enough for a week...at least one with long sleeves)
- Pants/jeans/shorts (enough for a week...at least two pair of long pants)
- Closed-toed shoes (two pair...one that is able to get wet, if possible). No flip-flops or sandals!
- Poncho/rain coat/warm jacket
- Warm Hat
- Sweatshirts/warm sweaters
- Swimsuit (one-piece preferred for girls)
- Socks and underwear (enough for 7 days plus extras)
- Pajamas (warm)
- Toiletries (toothbrush, toothpaste, soap, shampoo, comb/brush, deodorant, any personal items your child will need)
- Towels, beach towel, washcloths
- Sunhat
- Costume for dance (check website for this year's theme)
- Sunscreen/insect repellent (if you prefer a specific brand, otherwise, we have plenty)

No food, candy, or chewing gum. Chipmunks and squirrels chew through anything to get to these items. There will be plenty to eat at camp.

Remember, we can't accept campers with missing documents. Please upload all required documents to your camper's file on [CampDoc.com](https://www.campdoc.com). If you have any questions, please contact Becky Saad at 719-761-2614.

PLEASE REMEMBER TO HAVE YOUR CAMPER LEAVE ALL ELECTRONIC DEVICES AT HOME. WE WANT CAMPERS TO "UNPLUG" FOR THE WEEK SO THEY CAN FULLY ENGAGE IN CAMP.

DO NOT LET THEM BRING A CELL PHONE, CAMERA, NINTENDO SWITCH, DVD PLAYER, IPOD, OR ANY OTHER DEVICE. IF FOUND, THEY WILL BE CONFISCATED AND KEPT UNDER SAFE KEEPING UNTIL CAMP ENDS.