

*Insert this note with medication into a Ziploc bag.  
Bring to the Nisqually Center when you come to camp.*

## Med Note

Last: \_\_\_\_\_ First: \_\_\_\_\_

*Timber Rock    Brightwood    Ranch    S.A.L.T*  
*(please circle which camp your child is in)*

**Medication #1:** \_\_\_\_\_

Breakfast    Lunch    Dinner    Bedtime    As Needed

**Dosage:**  1 pill    2 pills    \_\_\_\_\_

Other Instructions:

**Medication #2:** \_\_\_\_\_

Breakfast    Lunch    Dinner    Bedtime    As Needed

**Dosage:**  1 pill    2 pills    \_\_\_\_\_

Other Instructions:

**Medication #3:** \_\_\_\_\_

Breakfast    Lunch    Dinner    Bedtime    As Needed

**Dosage:**  1 pill    2 pills    \_\_\_\_\_

Other Instructions:

*Please use back of note for further comments or instructions.*

### Camper Medications:

If your child requires daily medications, please place them inside a resealable plastic bag along with the attached Med Note. Drop these off with the Health Assistant when your child arrives at camp (please **do not** pack them in your camper's luggage). All medications, even over-the-counter meds and vitamins, must be collected by the Health Assistant – they are **not allowed** in the cabins.

### Reactionary Medications:

Medications needed immediately, such as rescue inhalers or Epi-pens, should be first brought to the Health Assistant to be checked in and labeled. Then, they will be brought directly to the counselor for safekeeping.

### Unforeseen Needs:

If your child has an unforeseen need for over-the-counter meds while at camp, we would be happy to provide what they need. We stock several medications on hand, such as Tylenol (acetaminophen), Benadryl (diphenhydramine), throat lozenges, Pepto Bismol, and Tums.

### Head Checks:

To protect our campers and staff, counselors will privately perform a simple check on all campers when they are first checked in to prevent any exposure to head lice.

**Questions?** Contact our onsite R.N., Terry Whitcomb, at [terrywhitcomb@cascadescamp.org](mailto:terrywhitcomb@cascadescamp.org).

