

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 Primary Camp 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 in their **original packaging** (no individual pills in baggies or pill boxes) inside a re-sealable 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 Health Administrator at healthadmin@cascadescamp.org or call our office at (360)-894-3838.



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