Parent Manual

We hope that this guide will be a resource for you, a help with questions and policies for your camper while they are with us at Camping Unlimited. Please don’t hesitate to contact us with any additional information you may need:

- **Programming**  Katie Giampa – [katiegiampa@campingunlimited.org](mailto:katiegiampa@campingunlimited.org)
  Christina Krem – [christinakrem@campingunlimited.org](mailto:christinakrem@campingunlimited.org)
- **Registrar**  Gail Zigenis – [campkrem@gmail.com](mailto:campkrem@gmail.com)
- **Finance**  – [accounting@campingunlimited.org](mailto:accounting@campingunlimited.org)
- **Administration**  Layla Sharief – [admin@campingunlimited.org](mailto:admin@campingunlimited.org)

_Last updated 2/7/18_
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The Enrollment Process

Getting enrolled is easy! Each year you must “enroll” your camper from scratch in our online system, Campsite. This allows you, and us, the opportunity to review the camper’s information - because sometimes things change so slowly we may not even notice.

Once you’ve completed the online enrollment process you will receive an email confirming we have received your enrollment request. If you are a “new” camper family our Registrar, Gail, will be phoning you within a week to conduct a phone intake of your camper. This gives Gail the chance to make sure we gather all the details necessary to appropriately care for your camper. It is also the opportunity for you to ask your questions regarding camp.

If you decide you want to add more events or sessions for your camper you only need log in to the Dashboard and click on the Choose Sessions tab.

If at any time you have questions regarding how to enroll, or you are having problems during the online enrollment, you are welcome to phone us. Registrar: 510-222-6662    Office: 831-338-3210

If you have questions regarding the status of your enrollment request (confirmation of attendance) please contact the Registrar, Gail.
Before Camp

There are many pieces that need to come together prior to your camper arriving here on site. The better prepared you and your camper are, the more fun they will have while with us at Camp Krem.

*Tours*

If your camper is new to Camp Krem it is often helpful for them to come and visit us prior to staying for a summer session. We are here all year round and welcome you and your camper to take a tour of the site! Give us a call and we will set up a day and time to show you all around ‘the hill’.

Another way for your camper to gain confidence, and help us to know their needs best, is to spend a short weekend with us. We have many overnight weekends during our Year-Round Respite Program and we have an annual New Camper Overnight weekend. Think about signing up for one and letting your camper dip their toe into all things Camp Krem! When that summer session of five or ten days arrives, they will be ready to join the fun!

*Prepping to enjoy Camp Krem*

Start preparing ahead of time to give your camper the best summer camp experience ever! Some points to keep in mind:

- **We strongly** discourage electronics. Though many of us are tied to our electronic devices, this is camp. While enjoying the great outdoors, many a device has become lost or broken. Additionally, we do not have any wifi access for campers.

- Because all of nature’s critters are sharing our space – we don’t allow food to be stored in the cabins. If your camper requires specialty food or has strong preference for a particular food item, please arrange with our Kitchen Team staff to label and store your items.
Paying for Camp

Fees
The fee for Summer Programming is $175/day for 1:3 Counselor to Camper ratio, with an additional fee of $75/day for 1:1 supervision.

The fee for Year Round Respite Programming (YRRP) is $175 for 1-day trip; $360 for 2-day trip; $460 for 3-day short trip; and, $540 for 3-day full trip; with an additional fee of $75/day for 1:1 supervision.

Deposits
There is no deposit for our events. A $150 cancellation fee will be charged if you cancel your event and we are unable to fill the space with another camper. This is waived for a legitimate medical issue.

Private Pay
If you are a Private Pay family, balances are due 15 days in advance of your camper's Summer Session start date. Payments can be made on the Parent Dashboard or by mailing a check to:

 Camp Krem - Accounting
  102 Brook Lane
  Boulder Creek, CA 95006

Regional Center Funding – Camping Unlimited has a NEW VENDOR #
If requesting funds from a regional center, please provide session dates and our vendor number, HS1121 to your case manager. The Purchase of Service (POS) must be received by Camping Unlimited 15 days before camper's Summer Session begins and 24 hours prior to YRRP event. If the POS is not received beforehand, the balance must be paid in full. (If you paid in full, Camping Unlimited will reimburse monies due to you once payment has been received from the regional center. Be aware that payment from the regional center can take 60-90 days.)

Please note: We require that you submit a copy of your camper's POS when you receive it from your Regional Center. You may submit by whichever method is easiest for you: scan and upload it in the Parent Dashboard; email it to accounting@campingunlimited.org; or fax it to 831.338.1056.
If you have any questions about Finances, you may contact our Accounting Department via email or call 831.338.3210. If you have any questions regarding confirmation for a session please contact our Registrar.

**Camperships**
If you cannot afford the cost of our programs, you may apply for a Campership. Camping Unlimited actively fundraises throughout the year to be able to assist campers that would otherwise not be able to attend camp. The amount of each campership varies based upon need and ability to pay. (See below)

**Campership Funds**

We know that having a family member who has a disability can be costly. Therapies, medications, support services, even the ability of parents to work outside the home. We also believe the ‘win-win’ of sending your family member to a Camping Unlimited event or Camp Krem Summer Session cannot be overvalued. The caregivers receive much needed respite from the daily needs of their loved one, the Camper has the opportunity to recreate in a safe and loving environment.

That said, not all families can afford the expense of Out of Home Respite. Camping Unlimited focuses upon Camperships – financial assistance – in our ongoing fundraising efforts. Camperships are one of our main priorities each year.

If you are unable to afford the cost of sending your family member to Camp Krem please contact us about applying for Campership funds. We have a short application process that targets Campers who would otherwise be unable to attend camp. The level of financial assistance varies, based upon the need of the Camper and the funds available.

You can begin the application process by contacting either our Registrar, Gail, or our Program Director, Christina.
Gail – 510-222-6662 or campkrem@gmail.com
Christina – 831-338-3210 or christina.krem@campingunlimited.org
Packing Lists -
https://campingunlimited.org/packing_lists/

Packing your Camper for an extended stay may seem like a lot of prep, but we are here to make it easier for you. Remember, this is camp! Pack items that can be easily washed and/or replaced. Nothing fancy, just built for fun.

We break down the lists by Main/OA Camp and Travel Camp, and then by session length. These lists will hopefully be a help and serve as a guideline for you while packing up your Camper.

General Rules:
- Camp Krem does not assume responsibility for lost, stolen or damaged items.
- Please pack inexpensive, old or used clothing.
- Please label all clothing with camper’s FIRST and LAST name.**
- Label all possible non-clothing items with camper’s name, including on the outside of sleeping bag.**
  (**Duct Tape works well, is easy to remove and easy to write on.**)

Do NOT pack:
- Toys
- Games
- Cell phones
- Electronics (unless camper uses an electronic communication device - to be used for communication ONLY)
- Valuables
- Clothes/ Items that should not get dirty

Every year we end the summer with a box of un-labeled clothing, and other items, left by campers. Don’t let it be yours!
### 12 Day Packing List

- Warm Sleeping Bag (1)
- Pillow (1)
- Fitted Sheet (optional)
- Bath Towels (2)
- Wash Cloth / Loofah
- Pairs of Socks (11)
- Tennis Shoes (1 pair)
- Hiking Shoes (optional)
- Sturdy Sandals (optional)
- Shower Shoes (1 pair)
- Swimsuit (1)
- Underwear (11- or more depending on toileting habits)
- Jeans / Long pants (3)
- Beach / Swim towel (optional)
- Sweatshirt (1)
- Warm Jacket (1)
- Shorts (4)
- Pajamas (2)
- T-shirts (10)

**Toiletries:**
- Sunblock (SPF 25+)
- Bug Spray
- Hair ties, headbands, etc.
- Soap / Body Wash
- Toothbrush
- Toothpaste
- Shampoo
- Comb / Brush
- Shaving supplies
- Pull Ups (if needed)

**Other:**
- Laundry bag
- Hat w/ visor
- White Shirt for tie-dye (optional)
- Flashlight / Headlamp

### 10 Day Packing List

- Warm Sleeping Bag (1)
- Pillow (1)
- Fitted Sheet (optional)
- Bath Towels (2)
- Wash Cloth / Loofah
- Pairs of Socks (9)
- Tennis Shoes (1 pair)
- Hiking Shoes (optional)
- Sturdy Sandals (optional)
- Shower Shoes (1 pair)
- Swimsuit (1)
- Underwear (9- or more depending on toileting habits)
- Jeans / Long pants (3)
- Beach / Swim towel (optional)
- Sweatshirt (1)
- Warm Jacket (1)
- Shorts (4)
- Pajamas (2)
- T-shirts (8)

**Toiletries:**
- Sunblock (SPF 25+)
- Bug Spray
- Hair ties, headbands, etc.
- Soap / Body Wash
- Toothbrush
- Toothpaste
- Shampoo
- Comb / Brush
- Shaving supplies
- Pull Ups (if needed)

**Other:**
- Laundry bag
- Hat w/ visor
- White Shirt for tie-dye (optional)
- Flashlight / Headlamp
<table>
<thead>
<tr>
<th>5 Day Packing List</th>
<th>Year-Round Respite Weekend Packing List</th>
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</thead>
<tbody>
<tr>
<td>Warm Sleeping Bag (1)</td>
<td>Warm Sleeping Bag (1)</td>
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<tr>
<td>Pillow (1)</td>
<td>Pillow (1)</td>
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<tr>
<td>Fitted Sheet (optional)</td>
<td>Fitted Sheet (optional)</td>
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<td>Bath Towels (2)</td>
<td>Bath Towels (2)</td>
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<tr>
<td>Wash Cloth / Loofah</td>
<td>Wash Cloth / Loofah</td>
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<td>Pairs of Socks (4)</td>
<td>Pairs of Socks (2)</td>
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<td>Tennis Shoes (1 pair)</td>
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<td>Hiking Shoes (optional)</td>
<td>Hiking Shoes (optional)</td>
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<tr>
<td>Sturdy Sandals (optional)</td>
<td>Shower Shoes (1 pair)</td>
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<tr>
<td>Shower Shoes (1 pair)</td>
<td>Underwear (2- or more depending on toileting habits)</td>
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<tr>
<td>Swimsuit (1)</td>
<td>Jeans/ Long pants (2)</td>
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<tr>
<td>Underwear (4- or more depending on toileting habits)</td>
<td>Underwear (2- or more depending on toileting habits)</td>
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<td>Jeans/ Long pants (2)</td>
<td>Jeans/ Long pants (2)</td>
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<tr>
<td>Beach/ Swim towel (optional)</td>
<td>Sweatshirt (1)</td>
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<td>Sweatshirt (1)</td>
<td>Warm Jacket (1)</td>
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<td>Warm Jacket (1)</td>
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<td>Shorts (2)</td>
<td>Pajamas (1)</td>
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<td>Pajamas (2)</td>
<td>T-shirts (2)</td>
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<td>T-shirts (3)</td>
<td>Toiletries:</td>
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<td>Toiletries:</td>
<td>Bug Spray</td>
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<tr>
<td>Sunblock (SPF 25+)</td>
<td>Hair ties, headbands, etc.</td>
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<td>Bug Spray</td>
<td>Soap / Body Wash</td>
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<td>Hair ties, headbands, etc.</td>
<td>Toothbrush</td>
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<td>Soap / Body Wash</td>
<td>Toothpaste</td>
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<td>Toothbrush</td>
<td>Shampoo</td>
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<tr>
<td>Toothpaste</td>
<td>Comb / Brush</td>
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<tr>
<td>Shampoo</td>
<td>Shaving supplies</td>
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<td>Comb / Brush</td>
<td>Pull Ups (if needed)</td>
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<tr>
<td>Shaving supplies</td>
<td>Other:</td>
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<tr>
<td>Pull Ups (if needed)</td>
<td>Laundry bag</td>
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<tr>
<td>Other:</td>
<td>Hat w/ visor</td>
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<tr>
<td>Laundry bag</td>
<td>Flashlight / Headlamp</td>
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<td>Hat w/ visor</td>
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</tbody>
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Travel Camp Packing List

- Camper’s belongings need to be packed in a duffel bag. Please no suitcases - they take up too much space and space on the vehicles is limited.
- **Label all clothing items with camper’s name.** This avoids belongings getting lost and makes it easier for us to return items if they do get misplaced.

### 12 Day Session

- Warm sleeping bag (labeled on outside of bag)
- Pillow (optional)
- Flashlight and batteries / Headlamp
- Towel (1)
- Sweatshirts (2)
- Shorts (3 - 4 pairs)
- Long pants (2)
- T-shirts (6)
- Underwear (12)
- Socks (12)
- Jacket (1)
- Swimsuit
- Hiking boots/shoes (1 pair)
- Tennis shoes (1 pair)
- Flip flops/sandals (1 pair)
- Sunhat
- Water bottle
- Small backpack
- Book/portable game (optional - for use during travelling and downtime at campsites)
- Sleeping pad (optional)

Toiletries (in one small bag - travel sized toiletries are ideal):
- Sunblock (SPF 25+)
- Hair ties, headbands, etc.
- Soap
- Toothbrush
- Toothpaste
- Shampoo
- Comb / Brush
- Bug Spray
- Pull Ups (if needed)

### 10 Day Session

- Warm sleeping bag (labeled on outside of bag)
- Pillow (optional)
- Flashlight and batteries / Headlamp
- Towel (1)
- Sweatshirts (2)
- Shorts (3)
- Long pants (2)
- T-shirts (4 - 5)
- Underwear (10)
- Socks (10)
- Jacket (1)
- Swimsuit
- Hiking boots/shoes (1)
- Tennis shoes (1)
- Flip flops/sandals (1)
- Sunhat
- Small backpack
- Water bottle
- Book/portable game (optional - for use during travelling and downtime at campsites)
- Sleeping pad (optional)

Toiletries (in one small bag - travel sized toiletries are ideal):
- Sunblock (SPF 25+)
- Hair ties, headbands, etc.
- Soap
- Toothbrush
- Toothpaste
- Shampoo
- Comb / Brush
- Bug Spray
- Pull Ups (if needed)
Bus Transportation

During the Summer Program we have four bus lines, each with three stop locations.

**Route Options**
- Route 1 = San Rafael; South San Francisco; Palo Alto
- Route 2 = Oakland, Hayward, Fremont
- Route 3 = Walnut Creek, Pleasanton, Campbell
- Route 4 = Sacramento, Vallejo (only running with sufficient ridership)

During the Year Round Respite Program we have either one or two bus lines.

Single Day YRRP Event (Saturdays) = Emeryville and Campbell stops
Weekend YRRP Event = Route 2 - Emeryville, Hayward, Fremont bus, and Route 3 – Walnut Creek, Pleasanton, Campbell bus

During enrollment you are welcome to choose either Parent Transportation or Bus Transportation, and if bus, then choose which stop you prefer. You also have the ability to use “bus” for one direction and “parent” for the other. Each bus ride is selected and scheduled as a separate event.

Through our grant we utilize a transportation vendor – Corinthian Services – who employs full safety measures required to transport individuals and also has wheelchair lift equipped vehicles. Their staff are all highly qualified professional drivers. Strict safety requirements are followed for their vehicle fleet to ensure the complete safety of our campers.
Parent Transporting Campers to Camp Krem

First Day of Camp Drop-Off Procedure

You are welcome to arrive at Camp Krem’s site anytime between 2PM-4PM on the first day of camper’s session. Upon arrival, please follow the steps below:

1. Meet the Camp Krem staff member directing traffic at the bottom of the hill. Follow their instruction regarding when it’s safe to proceed up the driveway.

2. Park and use the restroom, if needed. Please proceed with your camper and their medications (if they have them) to the Arts & Crafts building to do a “check-in” with the Health Care Team.

3. During checking in you will have the opportunity to review your camper’s medications and paperwork with the Health Care staff while your camper will meet with another member of the HC staff to complete their Health Screening. This is a simple skin screening that we are required to complete every time your camper comes to camp, which we now want to complete on the first day of camp so that campers do not have to interrupt their fun on the following day for these Health Screenings. **If possible, please dress your camper in shorts and a t-shirt so that we can complete the screening quickly and thoroughly.**

4. After meeting with the Health Care staff, your camper’s Counselor will be there to greet you and your camper, help you unload luggage and get your camper settled into their cabin.

Last day of camp Pick Up Procedure

You are welcome to arrive any time between 10am-12noon on the last day of camp session.

You will want to make sure to visit the Healthcare Team to pick up medications. Please remember to work with the staff at the bottom of the hill before proceeding up the drive.
Getting to Camp

http://campingunlimited.org/getting-to-camp/

Driving Directions

From the East Bay

There are two routes:
1. Bear Creek Road is faster, but very twisty.
   I-880 South to CA 17. Past Los Gatos, Highway 17 begins to climb.
   In a few miles and across the Lexington Reservoir, turn right onto Bear Creek Road.
   Drive carefully. It ends at a stop sign in Boulder Creek. Turn left.
   At the next stop sign and Johnnie’s Supermarket, turn right onto Highway 236, Big Basin Road.
   In 1.6 miles, there is a “Slow to 20” left turn sign and flashing yellow lights.
   As you cross the bridge on 236, look to the left for a sign saying Camp Krem.
   Follow the arrow to the top of the hill.

2. Mt. Hermon is slower but safer and more relaxed.
   I-880 South to CA 17. Over the Santa Cruz mountains. Drive carefully. The road is good here but be aware that there is often heavy traffic.
   Exit Mt. Hermon Road, turn right.
   Follow Mt. Hermon Road through Scotts Valley until you reach a T-intersection at Graham Hill Road.
   Turn right and then right again at Highway 9. North on Highway 9 six miles to Boulder Creek and stop sign at Johnnie’s Supermarket.
   Turn left onto Highway 236, Big Basin Road.
   In 1.6 miles, there is a “Slow to 20” left turn sign and flashing yellow lights.
   As you cross the bridge on 236, look to the left for a sign saying Camp Krem.
   Follow the arrow to the top of the hill.

From San Francisco

There are three routes:
1. Fastest route
   280 (or US101) to Highway 85 (toward Gilroy) to Highway 17 (toward Santa Cruz) to Bear Creek Road.
CA Hwy 17. Past Los Gatos, where Highway 17 begins to climb.
In a few miles and across the Lexington Reservoir, turn right onto Bear Creek Road.
Drive carefully. It ends at a stop sign in Boulder Creek. Turn left.
At the next stop sign and Johnnie’s Supermarket, turn right onto Highway 236, Big Basin Road.
In 1.6 miles, there is a “Slow to 20” left turn sign and flashing yellow lights.
As you cross the bridge on 236, look to the left for a sign saying Camp Krem.
Follow the arrow to the top of the hill.

2. Safest route:
280 (or US101) to Highway 85 (toward Gilroy) to Highway 17 (toward Santa Cruz) then Over the Santa Cruz mountains to Mt Hermon Road.
Drive carefully. The road is good here but be aware of heavy traffic.
Exit Mt. Hermon Road and turn right at the light.
Follow Mt. Hermon Road through Scotts Valley until you reach a T-intersection at the bottom of Graham Hill Road.
Turn right and then right again at Highway 9.
North on Highway 9 six miles to Boulder Creek and stop sign at Johnnie’s Supermarket.
Turn left onto Highway 236, Big Basin Road.
In 1.6 miles, there is a “Slow to 20” left turn sign and flashing yellow lights.
As you cross the bridge on 236, look to the left for a sign saying Camp Krem.
Follow the arrow to the top of the hill.

3. Slower but beautiful.
I-280 to CA84 West to CA35 South to CA9 to Boulder Creek.
I-280 to CA 84 West
Left on CA 35 (Skyline Drive) at the top of the mountains
Right on CA 9 toward Boulder Creek
Left at the stop sign to stay on CA 9
Right at the stop sign at Johnnie’s Supermarket.
Turn left onto Highway 236, Big Basin Road.
In 1.6 miles, there is a “Slow to 20” left turn sign and flashing yellow lights.
As you cross the bridge on 236, look to the left for a sign saying Camp Krem.
Follow the arrow to the top of the hill.

From the Monterey Area, South

US 1 to CA 17 north.
Off at Mt. Hermon Road. Turn left and follow Mt. Hermon Road through Scotts Valley until you reach a T-intersection at Graham Hill Road. Turn right and then right again at Highway 9. North on Highway 9 six miles to Boulder Creek and stop sign at Johnnie’s Supermarket. 

Turn left onto Highway 236, Big Basin Road. In 1.6 miles, there is a “Slow to 20” left turn sign and flashing yellow lights. As you cross the bridge on 236, look to the left for a sign saying Camp Krem. Follow the arrow to the top of the hill. Our drive is narrow and winding so please drive slowly (10mph) and beep your horn at the blind corners to let people know you’re coming. Remember that vehicles going uphill have the right of way.

**Airports**

The closest airport to Camp Krem is San Jose International Airport. San Francisco International would be the next option for major airlines. There is a smaller, regional airport nearby at Watsonville Municipal Airport.
Policies for “other” items at Camp Krem

Alcohol & Drugs
Consumption or possession of any alcoholic beverage or drugs (including marijuana) on camp premises by any person (staff, volunteer, visitor or camper) whether the person is an adult or a minor, is prohibited. Likewise, intoxication/impairment or the after effects of it, are not allowed while on duty. Staff members cannot meet their responsibilities while intoxicated, impaired or hungover and, therefore, violation of this policy will be grounds for immediate termination of employment and immediate departure from camp property.

Personal Equipment
Camp tries to provide satisfactory equipment for camp use. Staff or campers may bring personal equipment (i.e. CD players, guitars, art supplies, sports equipment) for their personal use at their own risk. Staff money, wallets, cameras, and other valuable items should be locked up for safe keeping. Staff items may be kept in the cabin, in the bathroom lockers, or in the staff lounge. There is a camp store, for campers to purchase Camp Krem merchandise. On the first day of session, counselors can discuss with campers and their families about where to safely store their money, if they choose to bring some.

Vehicles
Liability coverage is carried on all camp vehicles. Any person involved in an accident in a camp vehicle is covered by this insurance. Camp vehicles are to be driven only by approved staff members at the discretion of the Camp Director.

No provisions are made for the coverage of personal vehicles. Therefore, any accidents which take place during the operation of a privately-owned vehicle for camp business will be the responsibility of the private owner. Our policy is that only camp vehicles be used for official camp business trips. If driving your own vehicle for any camp related business, the office must be provided with a current driver’s license and proof of insurance.

All personal and camp vehicles must remain locked at all times when not in use. Always check behind, under, and on side of vehicle before driving. All vehicles must be backed into the upper parking lot and a spare set of keys must be given to the Camp Director.
Only designated emergency vehicles may be parked in front of the nurses' station. No personal vehicles should ever be used to transport campers in any circumstance, except in extreme emergencies or with the express permission of the Camp Director. There will also be no transportation of any person in non-passenger vehicles.

**Animals**
Pets/animals are not allowed on camp premises except with the permission of the Camp Directors.

**Weapons**
Weapons are prohibited at Camp Krem. Any person possessing a firearm or weapon (including pocket knives) on Camp property (staff, volunteers, campers and visitors) will be subject to immediate dismissal/removal from property.
Medical Policy for Camping Unlimited

All campers must have the online Medical History section of the Campsite Dashboard completed 30 days prior to start date of camper's session(s). The medical history information is located in the Dashboard, under the Medical tab.

There are two online medical questionnaires, with important health information, to be completed -- "Basic Medical Information" and "Medications". If anything changes with your camper between the time you complete enrollment and when your camper’s session starts, please make sure to update the information in the Parent Dashboard > Medications.

In the same section of the Dashboard you can download and print the 'Camper Medical Form 2017' - which is required to be completed by your doctor. A camper must have had a checkup, with all required procedures, within the 12 months prior to their camp session.

Upon completion, please return the 'Camper Medical Form 2017' by whichever method is easiest for you: scan and upload it in the Parent Dashboard; email it to healthcenter@campingunlimited.org; or fax it to (831) 338-1056.

At Camp Krem, we follow the California Department of Education’s vaccination laws and require campers to have had all routine vaccinations in order to be enrolled.

Notification of Medical Incident -

The Camp Krem Medical Staff take every opportunity to ensure the safety and well-being of your camper with regard to their medical care. Unless otherwise specified on the medical form, we will not contact a parent or guardian while their camper is at camp to inform them of non-critical medical incidents. These may include but are not limited to common and easily remedied camp-related ailments - such as stomachaches, headaches, minor dehydration, sunburn, constipation, bumps, bruises, scrapes, etc. In the case of critical medical incidents such as hospital or doctor visits, prolonged or unusual seizures, allergic reactions, prolonged communicable sickness or anything requiring medical care by personnel other than Camp Krem, the parent or guardian will be contacted as soon as possible.
Medication Packaging Policy for Rx and OTC medications/supplements:

If your camper takes medication(s) of any kind - prescription, supplement, or over the counter - please read our Medication Packaging Policy (online) for requirements on sending medications to camp. See policy below.

In our updated policy we now require your camper’s medication to be pre-packaged by a pharmacy, or by you, before he or she arrives at Camp. This new policy will streamline our process and minimize potential medication errors. Your camper will also spend less time waiting in line and our nurses will have more time to devote to your camper’s other healthcare needs. Your cooperation with this new policy is respectfully requested.

All medication and supplements in pill form must be pre-packaged in order to be distributed to a camper while at camp. Pills must be packaged separately by day and delivery time (Breakfast, Lunch, Dinner, Bedtime), in a closed packaging system, and out of their original bottles.

All liquid, powder, or “as needed” medications or supplements must be sent in their original packaging with clearly outlined instructions on when and how to dispense.

These are the only acceptable packaging systems for all Camp Krem events. Please make sure to send all original bottles with an extra dose for prescriptions, supplements, and over the counter medications with your camper for identification purposes. If you have any questions or concerns, please call us at 831-338-3210 or email healthcenter@campingunlimited.org. We will accept several forms of packaging (listed below).

1. Multi-Dose Strip Packaging (preferred method)

Multi-Dose Strip packaging consists of individually sealed compartments which contain all medications in pill form that are to be taken at a particular med pass time. These can often be found online, or for your convenience, here are a few pharmacies which provide this service, for a fee:

Golden Gate Pharmacy Services- San Rafael - 415-455-9042
http://www.ggprx.com/index.html

Wellspring- Oakland - 510-428-1559
http://www.wellspringrx.com
(Wellspring will also repackage medications already dispensed into bottles from another pharmacy, for a fee)

**Vibrant Care Pharmacy- Oakland - 510-638-9851**
http://vibrantcarepharmacy.com

2. **Parent Filled Pillbox / Organizer OR Pill Baggies**

There are many different styles of organizers. Please ensure each day and dosing period is clearly marked, and corresponds with the dates your camper will be at camp.

3. **Multi-Dose Blister Packs**

Each blister pocket contains all the medication, in pill form, that is to be taken at a particular med pass time. These can often be ordered online.

We will **NOT accept Unit-Dose blister packs** in which each individual medication has its own blister pack or pocket.
Please send only the number of doses needed **plus** medication needed for **one extra** day.

Medication at camp will be dispensed at mealtimes and bedtime. Medications can be dispensed at other times **only** if medically necessary and **only** if specific times are written on the enrollment medical form. You are responsible to check that your camper's prescriptions on the Camp Krem Medical Form and online application form (CampSite Parent Dashboard) are written exactly how and when the medication is to be given. (For example, if the med is to be taken only as needed, the prescription must be written that way.)

If your camper arrives without medication pre-packaged, you will either be given blister packs and asked to pre-package your camper’s medication yourself, or be charged a $200 service fee to offset the considerable time and care we require to ensure correct timing and dosages.

Birth Control pills and “as-needed” (PRN) pills are an **exception** and can be sent in the original packaging. Liquids, creams, inhalers, powders and injectable medicines are to be delivered to Camp Krem in their original packaging, with clear dispensing instructions included.

Camp Krem stocks most over the counter items such as aspirin, acetaminophen (Tylenol), ibuprofen (Advil), antihistamine (Benadryl), antacids (Tums), antibiotic ointments, hydrocortisone anti-itch creams (Cortaid), Band-Aids, etc. so there is no need to send these medications if they are taken on an as-needed (PRN) basis.

Please feel free to email our Health Center Staff at healthcenter@campingunlimited.org or call us at 831-338-3210 with any questions.
We invite you to visit our Facebook page to learn more about our current events, weekend trips and Camp Krem news! During your camper’s session, check it out for session photos!

Camping Unlimited – Camp Krem @
https://www.facebook.com/campkrem.campingunlimited/

Follow us on Instagram @ https://www.instagram.com/camp.krem/

Check out our YouTube Channel @
https://www.youtube.com/channel/UCG2LjU_ER7uo7q8qI4RNdVw

Or signup for our monthly newsletter by going to the website > scroll to the bottom of the main page > enroll with your email.

We’re looking forward to another great year at Camp Krem!