



# 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            Rebekah Crill – [accounting@campingunlimited.org](mailto:accounting@campingunlimited.org)
- Administration    Layla Sharief – [admin@campingunlimited.org](mailto:admin@campingunlimited.org)

*Last updated 1/7/19*

Camp Krem – Camping Unlimited  
"A place for exceptional people to be themselves" – since 1957

## Table of Contents

The Enrollment Process .....	3
Before Camp .....	3
Tours.....	4
Prepping to enjoy Camp Krem .....	4
Paying for Camp.....	4
Fees - 2019.....	4
Regional Center Funding – .....	5
Camperships.....	6
Campership Funds .....	6
Packing Lists - .....	7
General Rules: .....	7
Do NOT pack: .....	7
Bus Transportation .....	11
Bus Stop Options .....	11
Parent Transport Campers to Camp Krem .....	11
First Day of Camp Drop-Off Procedure .....	11
Last day of camp Pick Up Procedure .....	12
Getting to Camp .....	12
Driving Directions .....	12
Airports.....	15
Policies for “other” items at Camp Krem.....	15
Medical Policy for Camping Unlimited .....	16
Medication Packaging Policy for Rx and OTC medications/supplements: .....	17

## The Enrollment Process

Getting enrolled is easy! Each year you must “enroll” your camper from scratch in our online system. 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 application process you will receive an email confirming we have received your application 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, at a later date, you want to add more events or sessions for your camper you only need log in to your [Camp Krem Account](#) and do the following:

1. choose Camper Application;
2. scroll through the application questions (review while you’re there for any updates), clicking Continue at the bottom of each page;
3. when you reach the Select Session page, choose the event you are interested in;
4. continue through the application questions (reviewing for updates), sign and date, agreeing to the terms and conditions and click “submit” on page 8.

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

If you have questions regarding the status of your pending Application 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:

- If you and your camper are new to Camp Krem, we welcome you to attend our Open House in May, where you will have the opportunity to take a tour, meet our staff and meet some fellow campers and their families. Feel free to contact us if you would like information about Open House.
- Camp Krem has a "No Electronics" Policy. Cellphones, handheld gaming devices etc. are not permitted, with the following exceptions: If your camper uses a device for communication, or if your camper is going on Travel Camp. Please see Page 10 for specific details on Travel Camp's electronics policy. For more information about our Electronics Policy, see Page 16.
- 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 - 2019

The fee for **Summer Respite Programming** is:  
\$185/day for 1:3 Counselor to Camper ratio, and  
\$255/day for 1:1 supervision.

Travel Camp sessions are at a higher rate (varies) based upon destination.

The fee for **Year-Round Respite Programming (YRRP)** is:

\$175 for 1-day trip for 1:3 Counselor to Camper ratio, and \$250 for 1:1;  
\$370 for 2-day trip for 1:3 Counselor to Camper ratio, and \$520 for 1:1;  
\$555 for 3-day trip for 1:3 Counselor to Camper ratio, and \$780 for 1:1.

Deposits / Parent Share of Cost amount is \$10/per day.

Balance is due 15 days prior to the start of event for YRRP and 30 days in advance for Summer Sessions. Payments can be made on your Camp Krem Account page or by mailing a check to:

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

### **Regional Center Funding –**

If requesting funds from a regional center, please provide session dates, along with our vendor number (HS1121); Code (850), and Subcode (OHR01 for 1:1 supports and OHR03 for 1:3 supports) to your case manager.

The Purchase of Service (POS) must be received by Camping Unlimited 15 days before camper's Summer Session begins and three days 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.) The Regional Center does not cover 100% of the cost and parents will always have a "Parent Share of Cost"; the actual cost may fluctuate each year.

**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 you online Camp Krem Account; email it to [accounting@campingunlimited.org](mailto:accounting@campingunlimited.org); or fax it to 831.338.1056. *It is your responsibility to secure your regional center funding prior to your event.*

If you have any questions about Finances, contact our Accounting Department ([accounting@campingunlimited.org](mailto:accounting@campingunlimited.org)); Regional Center POS questions contact Administration ([admin@campingunlimited.org](mailto:admin@campingunlimited.org)), or call 831.338.3210. If you have any questions regarding confirmation for a session event please contact our Registrar ([campkrem@gmail.com](mailto:campkrem@gmail.com)) or call 510.222.6662.

## Camperships

If you cannot afford the cost of our programs, you may apply for a Campership. Camping Unlimited actively fundraises year-round 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 cannot be overvalued. The caregivers receive much needed respite from the daily needs of their loved one and the camper has the opportunity to spend the time 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 Camp Director, Christina.

Gail – 510-222-6662 or [campkrem@gmail.com](mailto:campkrem@gmail.com)

Christina – 831-338-3210 or [christina.krem@campingunlimited.org](mailto:christina.krem@campingunlimited.org)

## Packing Lists -

[https://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/Outdoor Adventure 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:

Camp Krem has a *Nut-Free Policy* and will not serve any products that contain nuts, including peanuts and treenuts (almonds, cashews etc.)

We ask that you do not send your camper with snacks containing nuts of any kind.

Thank you for helping us maintain a safe environment for all of our campers with nut allergies.

- Toys
- Games
- Cell phones (see page 16 of this manual for more information)
- Other 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!

## Year-Round Respite Weekend Packing List

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

### Toiletries:

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  
 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

## 5 Day Packing List

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

### 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

## 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.
- We *strongly* discourage sending electronic devices to Camp, however we understand that having a music player or phone for entertainment during long stretches of travel time can be helpful for some campers. If you feel that this is important for your camper, please note that these devices are to only be used on the vehicle while travelling. Upon reaching their destination, electronics will be collected by Camp Krem Staff and kept locked away safely. For more information on our Electronics Policy, see Page 16.

### 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 two bus regular bus lines and one additional line for Session 1.

## Bus Stop Options

- South San Francisco; Oakland; Fremont
- Walnut Creek; Pleasanton; Campbell
- Sacramento, Vallejo (this bus line runs only for Session 1)

During the Year Round Respite Program routes are more limited.

- Oakland and Campbell

During the application process 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.

For overnight events, 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.

All buses are staffed with our Counselors to ensure the safety of your camper.

# Parent Transport 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-12pm on the last day of camp session.

You will want to make sure to visit the Healthcare Team to pick up medications. Check the luggage tags on your camper's belongings – it will tell you how many bags should be going home with your camper! Make sure you load all their belongings.

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 hwy 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 cannabis) 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.

## Personal Equipment

Camp tries to provide satisfactory equipment for camp use. Staff or campers may bring personal equipment (e.g. guitars, art supplies, sports equipment etc.) for their personal use at their own risk. Money, wallets, cameras, and other valuable items should be locked up by the counselors for safe keeping. 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.

## Electronics Policy

Though many of us are tied to our electronic devices, this is Summer Camp and the distraction of cellphones and technology can be a hinderance to camper socialization, engagement and independence. Along with many camps across the country, we strongly believe that the opportunity to ‘unplug’ and spend time enjoying the outdoors with others is hugely beneficial. It provides campers with a unique opportunity for social-emotional development.

In addition, there is a risk of such devices getting lost or broken while at Camp, for which we cannot assume responsibility. Furthermore, not all of our campers own cellphones, which makes it an unfair distraction.

For these reasons, and more, electronic devices are not permitted at Camp Krem **unless** they are needed for communication, or your camper is attending Travel Camp (in which case they may be used for music/entertainment during driving time **only**, after which they will be collected and kept safely by Camp Krem Staff).

### **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 and information completed 30 days prior to start date of camper's session(s).

There are two online medical questionnaires, with important health information, to be completed under the "Forms and Documents" section of your Camp Krem Account-- "*Health Form 1*" and "*Health Form 2*". If anything changes with your camper between the time you complete the application and when your camper's event starts, please make sure to update the information in these forms

In the same section "Forms and Documents" section of your Account you must download and print the "*Physician's Medical Form*" - which is required to be completed by your doctor. A camper must have had a physical, with all required procedures, within the 12 months prior to their camp event.

Upon completion, please return the "Physician's Medical Form" by whichever method is easiest for you: scan and upload it in your online Account; email it to [healthcenter@campingunlimited.org](mailto: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 the policy below.

In our medication policy we require your camper's medication to be pre-packaged by you, or by a pharmacy, before he or she arrives at Camp. This 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 policy is respectfully requested.

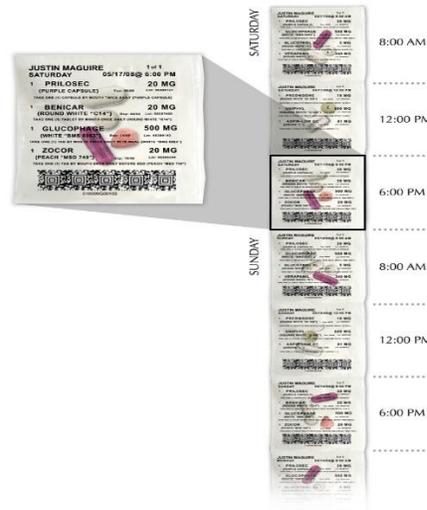
All medication and supplements **in pill form** must be pre-packaged in order to be distributed to a camper while at camp. Pills must be packaged separately by day and delivery time (Breakfast, Lunch, Dinner, Bedtime), in a closed packaging system, and out of their original bottles. All **liquid, powder,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

We will accept several forms of packaging (listed below).

**1. Multi-Dose Strip Packaging**

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.



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

There are many different styles of organizers. Please ensure each day and time of delivery 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.



Please send only the number of doses needed, plus medication needed for **one extra** day.

It is your responsibility to ensure that the camper's medications and administration instructions are accurate and up-to-date within your Camp Krem Account "Forms and Documents" section (Health Form 1). Dispensing instructions (name, delivery time, dosage, etc.) must be detailed clearly and precisely for *When* and *How* each medication is to be provided. Details must match the dosing instructions on the prescription bottle. For any dosing or delivery instructions that have changed from the bottle instructions, you must provide a physician's note verifying the change.

**If your camper arrives without medication pre-packaged**, you will either be given blister packs and asked to pre-package your camper's medication or, be **charged a \$200 service fee** to offset the considerable time and care that will be required 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 [heathcenter@campingunlimited.org](mailto:heathcenter@campingunlimited.org) or call us at 831-338-3210 with any questions.

Thank you for your support in making your camper's stay at Camp Krem as safe as possible and in a more efficient manner.

We invite you to visit our Social Media accounts to learn more about our current events, weekend trips and Camp Krem news! During your camper's session, check them out for session photos and videos!

[Facebook](#)

[Instagram](#)

[YouTube](#)

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!