



Medication Packaging Policy

To ensure camper safety and health, **all medications must be properly pre-packaged before arrival**. This includes **prescription medications, over-the-counter medications, and daily vitamins or supplements**—even gummy vitamins.

Incorrectly packaged medications can delay our ability to administer your camper's medication while we have to safely sort and verify them. Due to the extra time and care this process requires, a **service fee of up to \$150** will be charged for any medications not packaged according to our policy.

Our Health Center is well stocked with common over-the-counter medications at camp, so there's no need to pack those unless you prefer to.

Medication Packaging Instructions

To ensure safe and accurate administration, please follow the instructions below for packaging your camper's medications:

- Pills must be sorted by individual dose (except for birth control), i.e. separately for each day and delivery time;
- Include one extra dose in the **original labeled prescription container** so we can verify and identify each pill.
- Liquids, eye drops, inhalers, nasal sprays, and injections must be sent in their original containers.
- Prescription labels on all medications must match:

1. What you have packed;
2. What is listed on your camper's completed *Physician's Medical Form*;
3. What you have entered in the *Medications* section of your Camp Krem Account.

If there are any discrepancies (e.g., dosage changes between submitting medical forms to uys and your camper's session), please:

- Include a clear written note or annotation with updated instructions, and
- Provide an updated medication list from your camper's medical provider.

If you have any questions, please call us at 831-338-3210 or email us at healthcenter@campingunlimited.org

Camp Medication Administration Times

To ensure timely and safe distribution, medications are administered at the following times each day:

- 07:30 to 08:30 AM (before breakfast)
- 12:00 to 12:30 PM (before lunch)
- 03:00 PM (after rest hour)
- 05:00 – 05:30 PM (before dinner)
- 08:00 – 09:00 PM (before bed)

Exceptions can be made, but it is easiest for all campers if we adhere to regularly scheduled medication times, as they are designed around a typical day at camp.

Pills and Gummies

Pills, tablets, capsules, and gummies must be packaged **by dose**. Each dose must be pre-sorted into a daily pill container or labeled pill pouches. Each dose must be:

- Clearly labeled with your camper's full name;
- The date;
- The time of day the dose should be administered – e.g. Breakfast, Lunch, Dinner, Bedtime

- You must include the original bottle for each medication, with at least one extra dose in the bottle, to help us identify and verify what you've packed, as stated above.

There are two exceptions to medications that must be sorted: Birth Control Pills and “as-needed” (PRN) medications – these medications *can and should* be sent in the original packaging.

If your camper's dosage has changed from what is printed on the bottle, you **MUST** send a signed provider note OR clearly write new instructions on the bottle or in an accompanying note.

Below are some examples of correct medication packaging (please do not cross out your camper's name, we only did that in the examples for privacy reasons).

Parent Filled Box/Container/Organizer

You can sort your camper's medications into a daily pill container, but please ensure that it is properly closed. It is often a good idea to wrap it with a rubber band for extra security.

In this example, the medication is sorted into a pill container and the **original bottle is correctly sent with an additional dose**. The description on the bottle notes that the pill is a “pink round tablet Watson 444,” and this description is part of the verification process we use during medication administration.

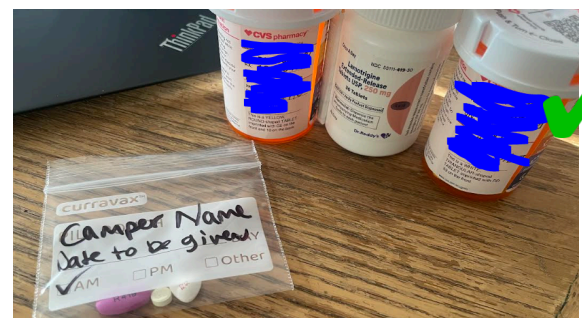


Please Note: Main Camp only. Pill pouches/baggies are required for Travel Camp.

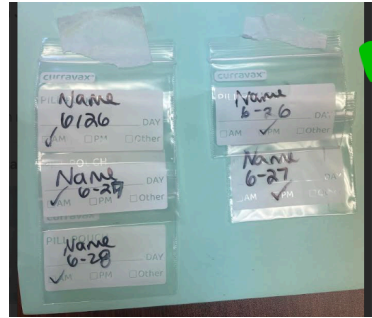
Pill Pouches or Small Baggies

In this example, the morning pills are sorted into a pill pouch marked “AM”. On the pill pouch you will need to include your camper's name, along with the date and time the medication should be given. **The original bottles are correctly included with an additional dose to identify each pill in the bag.**

Please Note: Meds are required to be packed this way for Travel Camp.



If you would like to further sort the pill pouches by day, that makes it a little easier for us, but is not required. Some families like to place the pouches in a tupperware, stacked in order of use. Some families tape or staple the pill pouches to a piece or cardboard of cardstock.



Multi-Dose Blister Packs

We will only accept blister packs that are MULTI-Dose, meaning that each blister pocket contains all of the medications (in pill form) that are to be taken at a particular med pass time. Often, pharmacies can do this for you.

As you can see in the images to the right, there are multiple different medications to be given in one dose in each blister pocket. We accept Multi-Dose Blister Packs.



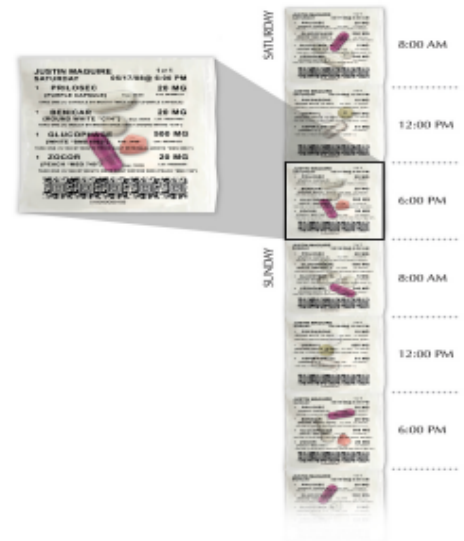
What we cannot accept are Unit-Dose blister packs, as seen in the picture to the right, in which each individual medication has its own blister pack. Your camper's medications must be sorted by dose and time prior to arrival at camp.

If Unit-Dose packaging is the original packaging for your camper's medications, you can still send this to help us identify each pill, but you still must pre-sort each medication by dose.



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. Often, pharmacies can do this for you.



Liquid Medications

Liquid Medications **MUST** be sent in the original container with the label intact.

If the provider has changed the instructions from what is listed on the current label **you MUST make an annotation or send us a note with the correct information to be followed.** Please send the syringe or measuring device that you use along with the medication, but we do have some spares if necessary.

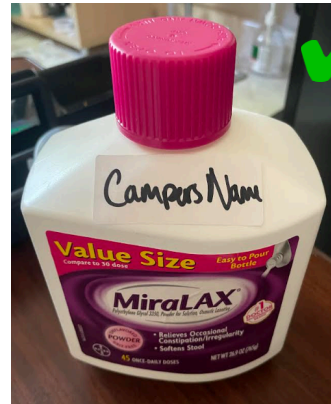
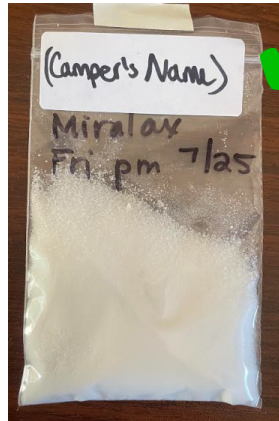


Powder Medications

Any medications in a powder form must be pre-packaged and clearly labeled by dose, OR sent in the original container. If the medication is a prescription and the provider has changed the instructions from what is listed on the current label, you **MUST** make an annotation or send

us a note with the correct information to be followed. If the medication requires a certain number of “scoops,” please send them prepackaged by dose, OR attach the measuring device to the original prescription container.

Either of the examples below are acceptable for sending medications in a powder form:



****Injectable Medications****

If your camper requires any injectable medications, the prescription label must be attached and legible. Please send whatever syringes/needles you use at home, and include one extra. We have alcohol swabs and sharps containers here at camp.

****Inhalers and Nebulized Medications****

If your camper has an inhaler, you must send it in the original packaging with clear prescription instructions included.

If your camper uses a nebulizer, you must send the medications to be nebulized in the original packaging with clear prescription instructions, along with the nebulizer equipment.

****Nasal Sprays and Eye Drops****

If your camper has a prescription nasal spray or eye drop, you must include the prescription label/instructions. If your camper has an over the counter nasal spray or eye drops, the instructions on the bottle must be legible.

Frequently Asked Questions

- **Can I send just the original bottle?**
 - No. Medications must be pre-sorted by dose, in addition to sending the original bottle. This ensures each camper is able to receive their medications in a timely manner. With over 100 campers at some sessions, our Healthcare Team is unable to pour each and every camper's medications for the entire session.
- **What if the instructions on the original prescription bottle are no longer what we are following?**
 - If the prescription instructions have changed, that's okay! Clearly write the new instructions on the label or include a note explaining the change, and ask your camper's medical provider for an updated list of current prescriptions to send us!
- **What if my camper only takes medications as needed?**
 - You may send PRN medications in the original bottle, clearly labeled, with instructions.
- **What if my camper takes gummy vitamins or melatonin?**
 - These must also be treated as medications. Sort them by dose and include the original container with one extra gummy inside.
- **My camper uses a birth control pill. Do I need to sort it into pill containers?**
 - No. Birth control should be sent in its original blister pack.
- **Can I email photos of the packaging in advance to make sure it's okay?**
 - Yes! We'd rather help ahead of time. You can email us at healthcenter@campingunlimited.org with photos or questions.
- **Why do I have to send an additional dose of medications in their original packaging?**
 - This ensures we know which medications we are administering at each med pass time. We do not give medications to anyone without knowing exactly what they are first. If we do not have the pill bottles with at least one additional dose in it, then the process to identify them is greatly extended and prevents campers from receiving medications in a timely manner.

- **What if my camper has medication that requires refrigeration?**
 - We are fully equipped to store medications that require refrigerators. Please send the medication in a clearly labeled container with a cold pack to maintain safe temperatures during transport. We will return it to you packaged the same way at the end of the session.
- **What if my camper requires emergency medications, such as a rescue inhaler, EpiPen, or certain seizure medications?**
 - These should be sent in their original packaging with the label and instructions included. Always send at least one extra if possible. **The medication will be checked in by the Health Center Staff, and then distributed to your camper's assigned counselor to carry the medication at all times.**

Thank you so much for taking the time to carefully package and send medications to Camp in accordance with our policy. It is greatly appreciated, and helps us to streamline the medication check in process, and ensure timely medication delivery and safety significantly.

Please see below for a helpful Medication Packaging Checklist to use as you prepare for your camper's session!



Camp Krem Medication Packaging Checklist

Please use this checklist to ensure all medications are packaged properly before your camper arrives at Camp Krem.

- ☐ ALL medications (including OTC, vitamins, and supplements) are packed according to this policy.
- ☐ Pills/gummies are sorted by dose and time in a labeled pill container or pouch.
- ☐ Each pill container/pouch/baggie is labeled with:
 - Camper's full name
 - Date
 - Time of administration:
 - Breakfast/AM,
 - Noon/Lunch
 - Dinner
 - Bedtime (or you can write HS, for "hour of sleep")
- ☐ Original prescription bottles are included with:
 - At least one extra dose
 - Legible label with medication name and pill description
- ☐ If applicable, a provider note or annotation is included for any dose changes.
- ☐ As-needed (PRN) medications are sent in the original labeled container with clear instructions.
- ☐ Birth control pills are in their original blister packs.
- ☐ Liquid medications are in original containers, with dosing instructions and measuring syringes.
- ☐ Powders are pre-measured OR in the original container with measuring spoon/scoop.
- ☐ Injectables include syringes, one extra dose, and prescription label.
- ☐ Inhalers, nebulizer meds, nasal sprays, and eye drops are sent in original packaging with instructions.
- ☐ You've packed enough medication for the full session plus at least one extra day.