

Troop 2970 Summer Camp: Parent Information Packet

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Contents

Parent Checklist	1
Important Date to Remember: July 1 – Completed BSA Health Forms Deadline.....	1
Prior to Camp.....	1
Contact Us.....	2
Contacting Camp.....	2
Troop 2970-Specific Communication Requirements (And One Suggestion)	2
Sending Mail to Camp.....	3
Letter-Writing Tips.....	3
Preventing Home Sickness.....	4
Cell Phones Are Not Allowed At Summer Camp.....	4
Typical Camp Day.....	4
Review Travel Options	4
Get Your Scout Ready For Camp Through Emulation	5
Camp-Specific Preparations And Preventions	5
Dietary Needs And Medicine At Camp	6
Important Date to Remember: July 1 – Share Special Dietary Needs With Camp Leader	6
Special Diets.....	6
Daily Medications	6
Scouts Carrying Medications	6
Ensuring The Scout’s Medications Make It To Camp	6
Regularly Dispensed Medicines - Complete Routine Drug Administration Record Form	7
How To Complete The Routine Drug Administration Record Form	7
Note On Delivering Medication.....	7
Over The Counter Medications	7
Packing List.....	8
What Not To Send To Summer Camp.....	8
What To Pack.....	8
Who Packs?.....	8
Routine Drug Administration Record.....	9

Parent Checklist

Summer Camp is a fun place for Scouts. To ensure that you enjoy it as well, complete this checklist *prior* to your Scout's departure.

NOTE: Information supplied by the Troop coordinator of the Summer Camp always overrides the material in this document. When in doubt, confirm with the coordinator.

Important Date to Remember: July 1 – Completed BSA Health Forms Deadline

Summer Camp lasts a week and requires the completion of the most recent version of the BSA Help Form for Scouts *and Adults* who are attending Summer camp. This includes sections A, B, and C (plus a copy of an insurance card). One of the sections is to be completed by a medical professional. These forms expire a year after completion and a Troop requirement is to submit a new form yearly.

The completed BSA Health Form plus insurance card are to be submitted to the adult designated as the Health Form Coordinator. If the form and card are already on file within the Troop, let the Health Form Coordinator know as soon as possible. Finally, if scheduling makes it impossible for the form to be submitted by July 1, let the Coordinator know when the form will be available. Considering the number of Scouts who are attending camp, this level of courtesy will allow the collection process to go smoothly.

Prior to Camp

- Confirm your Scout is registered for Summer Camp.
- Share special food needs with Summer Camp leader before July 1, or as soon as possible.
- Attend the Summer Camp Meeting, then register for New Scout Program and/or Merit Badges.
- Identify and complete any Merit Badge prerequisites.
- Submit completed BSA Health Form (including Sections A, B, and C) plus copy of an insurance card.
- Tell your Scout how much fun he will have at camp and remind him that his Patrol Leaders are there to help at any time.
- Have your Scout prepare for bedtime using a flashlight.
- If your Scout has not slept away from his parents/guardians before, plan on sending him to a relative's or friend's house for at least one weekend away from home.
- Write a few letters to send to the camp or to send with the Adults to hand out during camp.
- Confirm the travel information with the Troop's Summer Camp Travel Coordinator.
- Label ALL of the things your Scout is bringing to camp with his last name. Do not send anything to camp that cannot be broken or lost.
- If your Scout requires medication, complete the Routine Drug Administration Record Form (at end of this document). Put Scout's name on a Ziploc bag and place his medication plus Routine Drug Administration Record Form inside. This includes medications taken as needed. Ensure medical information is in English.
- Have your Scout pack his own bag(s).

Contact Us

If you or your Scout have any questions, contact any member of the Troop 2970 Summer Camp Adult team. The members of the team will be shared with you in the late Spring. If they are unable to answer your question, they will be able to find someone who can.

When Scouts have questions on what to expect, have them speak with their Patrol Leader. Each Patrol Leader has been to at least one Summer camp with Troop 2970 and should be able to handle most questions.

Contacting Camp

Summer Camp is a very busy place. Troop 2970 typically sends nearly 100 people to camp and those campers are spread throughout the camping area. As a result, it can be difficult to reach your Scout.

A Troop 2970 Adult will contact you if there is ever any concern about your camper. This includes severe home sickness or serious injury. Luckily, it is rare for a Troop 2970 Adult to need to make these calls and rarer still for these calls to result in a conversation with the Scout.

Before leaving for camp, a listing of cell phone numbers will be shared with all Scout parents/guardians. If there is a family emergency or issue, please use these telephone numbers to speak with a Troop 2970 Adult leader. They can pass the information on to the Scout or help the Scout prepare to leave camp.

Troop 2970-Specific Communication Requirements (And One Suggestion)

Below are Summer Camp requirements concerning communications with your Scout.

- **Requirement: Do not send a cell phone to camp with your Scout.** It becomes a distraction to your Scout and a problem for other Scouts who are homesick.
- **Requirement: Do not visit your Scout unless it is cleared by the Troop 2970 Summer Camp organizer.** The largest issue each Summer camp is working with homesick Scouts. If your Scout is expecting a visit, it may cause a problem for your Scout (who will ask to be taken home) **and** the other Scouts (who are forced to think about their homes).
- **Requirement: Do not retrieve your Scout from camp early.** The last day of camp is important for the Scout. The last night has the Scout verifying Merit Badges and Sign-Offs received during the week, participating in group closing activities, and assisting in the clean-up effort. Unless previously approved, do not plan on having your Scout leave Summer camp before it is over for everyone.
- **Suggestion: Do prepare a postcard/letter packet for your Scout.** One effective way for the Scout to fight homesickness is to write home. Send your Scout to camp with a series of self-addressed stamped postcards or envelopes, along with pen and paper. This will allow your Scout to express what they're feeling, helping to eliminate homesickness.

NOTE: Don't use the Scout's letter as an excuse to come and visit (see above)! If the Scout writes home daily, you'll notice their messages becoming increasingly positive.

Sending Mail to Camp

In camp, mail is delivered to the main Administration Building each day. Mail then takes an additional day or two to reach our camping area. That means that messages sent on Monday won't be received by your Scout until late in the week. Please keep this delay in mind when sending messages and packages.

The mailing address for Goshen's Camp Marriott is listed below. Mailing addresses for other camps will be supplied when necessary. Use the following format:

<<Your Scout's Name>> - Troop #2970
Camp Marriott
Goshen Scout Reservation
340 Millard Burke Memorial Highway
Goshen, VA 24439

In addition to sending letters, another option is to pre-write letters and give them to one of the Adults who is attending camp. The Adult can hand the letter(s) to your Scout on the expected day.

Letter-Writing Tips

Letters and care packages are a great way to encourage your Scout during his stay. When writing letters to your Scout keep the following in mind:

- Focus on encouraging your Scout to try everything the camp has to offer and to have fun.
- Send short, cheerful, happy notes, letting your Scout know you are proud of them.
- Emphasize escalating issues to the Scout's Patrol Leader.
- Do not tell your Scout how much they are missed or you're looking forward to their return. This increases homesickness.

If this is your Scout's first or second Summer camp, you may want to send reading materials he can share with other Scouts. This will encourage the making of friends at camp and reduce homesickness.

Preventing Home Sickness

It is normal for your Scout to miss their home life and natural for his parents/guardians to miss the Scout. The Troop 2970 Adults who are attending Summer Camp will do everything possible to make your Scout's camp stay as successful as possible. If your Scout misses home, the Adults and older Scouts will comfort him and focus on the activities he's participating in at camp. Generally, homesickness is over by the end of the third night of camp.

Below are tips to help prevent the Scout from missing home.

Cell Phones Are Not Allowed At Summer Camp

We do not permit Scouts to call or text home. If you receive a call or text from your Scout (perhaps using another Scout's phone) please call a Troop 2970 Summer Camp Adult as soon as possible. This will allow us to work with your Scout to reduce the homesick feelings (now made worse due to communicating with their parent/guardian) and to remove the troublesome cell phone.

Do not allow your Scout to bring a cell phone to camp. If your Scout calls home, do not come to camp. Instead, contact the Troop leader.

Typical Camp Day

Review with your Scout their typical day at camp. Check-in and check-out days are different, but your Scout can expect their days to look similar to this listing. Knowing what to expect can help prevent homesick feelings.

07:00a – 9:00a	Retrieve food from commissary; Cook breakfast with Patrol; Clean up and prepare for morning activities.
09:00a – 12:00p	New Scout Program and/or Merit Badge work.
12:00p – 2:00p	Retrieve food from commissary; Make lunch with Patrol; Clean up and prepare for afternoon activities.
2:00p – 5:00p	New Scout Program and/or Merit Badge work.
5:00p – 7:00p	Retrieve food from commissary; Prepare dinner with Patrol; Clean up and prepare for evening.
7:00p – Evening	Complete clean up; Free time to work on skills and Merit Badge items; Flag Retreat (in uniform).

Review Travel Options

Troop 2970 travels to camp in different ways. Some years we take a bus, while other Summers we drive. Sometimes there's a mix. Review with your Scout how he is getting to and from camp. If he's riding with someone, let him know who his driver is.

Get Your Scout Ready For Camp Through Emulation

Imitating the camp experience can help prepare your Scout for his time at camp.

- **Do not let Summer Camp be the first time your Scout sleeps without his immediate family around.** Have your Scout spend at least one weekend at the house of a friend or relative without his parents/guardians. This will help to build the Scout's confidence that he can camp without his family.
- **Have the Scout get ready for bed using their flashlight and sleeping bag.** Start by having the Scout pack his sleeping clothes into the bag he's using for camp. In the nights leading up to Summer camp, have the Scout use his flashlight to find the clothes in his bag, then sleep in his sleeping bag.
- **Have your Scout do simple cooking at home.** Since the Scouts cook for themselves (an important part of the Patrol cooking method) it helps if they have done some food preparation and cooking before camp. Having them make pancakes, fry eggs, and/or cut then boil potatoes will help the Scout to become familiar with preparing a meal.

Camp-Specific Preparations And Preventions

Repeatedly tell your Scout that he should escalate any issues or problems to his Patrol Leader. Beyond that overriding principle, here are some specific things to look out for.

- **BSA Swim Test.** Part of the camp check-in process is a BSA swimming test. If your Scout fears lake water (or water in general) he may not pass this test. *This is not the end of the world* as he'll only be limited in water-based activities. If your Scout has concerns, escalate the fear to an Adult who is attending Summer camp. We can work with the Scout to build his swimming confidence while at camp.
- **Cot and Tent Sleeping.** Remind your Scout that he'll be sleeping on a cot and sharing a tent. He may not be compatible with his tent-mate. For example, your Scout may require neatness while the other Scout is a slob. Remind your Scout to speak with his Patrol Leader if the pairing turns out to be a problem.
- **Sleeping in the Dark.** If your Scout is afraid of the dark, teach them to sleep without a nightlight. There's no electricity at camp and the camp sites are not lit. Send your Scout to camp with a good flashlight and *a lot* of batteries. While not recommended, Scouts who fear sleeping in the dark will typically leave their flashlights lit overnight, requiring replacement batteries. Note that lit flashlights can attract insects.
- **Bugs.** Scouts who are afraid of bugs have a challenging time at camp. Spiders, moths, and other bugs are common. Keep your attitude about bugs relaxed and don't place a lot of emphasis on the Scout's fear. Purchase mosquito netting for your Scout (available at sporting goods stores) as having a physical barrier from tent bugs may end up being the difference in a well-rested scout or a sleepless night.

When it comes to Mosquito nettings, there are a few different choices. The least expensive nets hang from the ceiling of the tent, surrounding the cot. There are others that are pop-up, where the Scout places a free-standing net on his cot and puts his sleeping bag within. If you feel your Scout will need this barrier, discuss the options with an Assistant Scout Master (ASM) or an experienced Adult leader.

As with any fears, should your Scout have problems with insects, let the Adult leaders know. This is a common challenge with new Scouts and can cause them to lose sleep.

Dietary Needs And Medicine At Camp

Important Date to Remember: July 1 – Share Special Dietary Needs With Camp Leader

Every Scout is different and many of our Scouts have special dietary requirements. These needs are typically not a problem, so long as the Scout's needs are explained to the Troop 2970 Summer Camp Adults WELL BEFORE camp begins.

Special Diets

While at camp, the Scouts cook their own meals. This is a Troop 2970 requirement as food preparation reinforces the Patrol Method. The food is provided by the camp and is generally basic: eggs, bread, meats, and so on. Many of our Scouts have special dietary needs due to medical, religious, or other reasons. We can support these Scouts, so long as their requirements are shared early.

The Troop 2970 Summer Camp team must be notified of special dietary needs or allergies before July 1.

Be sure to speak with a Troop 2970 Adult concerning your Scout's dietary requirements and ensure there is a plan of action on handling his needs prior to July 1. Do list the diet and allergy items on the BSA Health Form in case your Scout is hospitalized, but do not rely on the BSA Health Form as the means to share allergies or diet info.

When the Troop receives advanced notice, we can reach out to the Camp Director to ensure the Scout's dietary needs are met through the food provided by the camp. If the dietary needs cannot be met by the camp, we can make arrangements to bring food with us for preparation, separate from the Patrol cooking area.

Daily Medications

If your Scout normally takes a daily medication, Summer camp is not the place to stop. Troop 2970 is able to supply daily medications to your Scout. Ensure the medication information/instructions are in English.

Scouts Carrying Medications

Many Scouts are used to carrying their own emergency medications, such as EpiPens or inhalers. If your Scout is accustomed to keeping their medication with them, let them continue to do so on the drive to and while at Summer camp. Be sure to send a *second* inhaler and/or EpiPen, though, to use if the originals are misplaced.

IMPORTANT: Send a backup set of medications for this type of Scout in case his medications are lost.

If your Scout is not carrying their medications and/or if they are packing extra medications, please package them using the information below.

Ensuring The Scout's Medications Make It To Camp

As noted in the BSA Health Form, medications are to be supplied with their original containers. The containers include labels from the pharmacy and/or any over the counter medications. Place the Scout's medications and their original containers into a gallon-sized clear Ziploc-style bag. Using a magic marker, print the Scout's name on outside of the bag. Please use **large** print.

Tip: If your Scout is taking pills, you can place them into a 7-day travel pill case. We'll still need the original containers the medications came in for their labels. Label the pill case so we know it belongs to your Scout.

Give the Scout's plastic bag of meds to the Adult who is traveling with your Scout (driving, riding the bus). Your Scout's medication will be given to the Troop 2970 medicine coordinator at camp. Unused meds are returned to the Scout at the end of camp, along with their Routine Drug Administration Record Form (see next section).

Regularly Dispensed Medicines - Complete Routine Drug Administration Record Form

At camp, medications are stored within a locked container in the Adult camp site. Medications requiring refrigeration will be stored at the camp's main infirmary. Scouts are be instructed to visit the Adult camp site to receive their non-refrigerated medications.

For Scouts who are taking medication on a regular basis (daily or more often), please complete the Routine Drug Administration Record Form (found at the end of this document). This form tracks the dispensation of medications to your Scout.

This form is not required for medication taken on an as-needed basis. If the only medication your Scout is taking is "as needed" you do not need to complete this form.

How To Complete The Routine Drug Administration Record Form

The Routine Drug Administration Record Form (found at the end of this document) has room for five sets of medications. More than five entries? Please print a second copy of the page and attach it to the first.

In the top section enter the Scout's name and Troop number, noting any drug hypersensitivity. The other fields (campsite, troop number) are left blank. Next, complete each section relative to medication(s) the Scout is taking. You do not need to include any "as needed"/PRN medications but should include any daily vitamins and over the counter (OTC) medications.

For each medication print the prescribing physician, name of the medication, the prescription's Rx number, the route and times for taking the medication, and any comments. Finally, complete the "Med Time" column in the calendar, noting the time of day the medicine is to be taken. Do not put any information on the days' columns.

Once the form is completed, provide a copy to the Troop 2970 Summer Camp adult who is delivering medications at camp. In addition, include the completed form within the clear Ziploc-style with your Scout's medication.

While at camp the Adults will place checkmarks on the day/time section of the form when your Scout has taken his medication. We will also sign or initial the bottom section.

Note On Delivering Medication

While at camp, it is your Scout's responsibility to ask for his medication. It can be challenging for an Adult to find a Scout who has missed his medications as the Scout can be anywhere at camp. Encourage your Scout to know where the Adult camp site is located, to know when he needs his medications, and to seek out an Adult or Patrol Leader if he misses his medications. Ensure the medication information/instructions are in English.

Over The Counter Medications

Generally speaking, the Troop does not supply over the counter medications such as painkillers, antihistamine, or itch creams. If you suspect your Scout will need these, please send these medications to camp using the Ziploc-style bag method described above.

In addition, be sure the Scout's BSA Health Form notes these medications in Section B. For example, if you would like for the Scout to receive Tylenol for pain, be sure that is listed in the medication area of Section B. Due to allergies, we cannot supply medication not listed on the BSA Health Form.

Packing List

What Not To Send To Summer Camp

Do not send: Cell phones; iPods or other music players; expensive cameras; glass containers; candy (no food is permitted in the Scout's tent due to mice, raccoons, and other animals); anything that can't afford to be lost.

What To Pack

Below is a packing list that may be helpful for your Scout. Rest assured that your Scout will rarely change his clothes or shower, despite encouragement from the leaders. Label all belongings and do not send anything to camp that cannot be lost or damaged.

Check Required Documents

- Medical Form w/ copy of insurance card
- Medications in original packaging, stored in ZipLoc, plus Routine Drug Administration Record Form.

Personal Equipment (label with Scout's Name and Troop Number)

- Scout Handbook and a pen
- Sleeping Bag
- Sleeping Bag liner or sheet: if hot, Scout can sleep under sheet/liner
- Class A Scout Uniform (shirt, shorts, socks): Wear on trip to/from Camp, daily at flags
- Class B Uniform (Troop T-shirt, Camp T-shirt)
- Rain Gear: jacket and pants
- Jacket: fleece or sweater for chilly nights
- Hat (ball cap or stocking cap)
- (10) Pairs Socks
- (7) Underwear
- (6) Sets of Clothing: shirts & shorts/pants
- (2) Swimming Suits
- Long Pants: jeans or Scout pants
- Long Sleeve Shirt
- Pair: Tennis Shoes
- Pair: Sturdy hiking shoes
- Pair: Water activity shoes (toe covering)
- Set of Sleeping Clothes
- Mess Kit: plate, cup, bowl, spoon, fork, knife
- (2) Water Bottles (Nalgene-style)
- Sunscreen
- Bug Spray (non-aerosol)
- Spending Money
- Flashlight
- Batteries: check those used by flashlight, clock, other powered items
- Handkerchief
- Paper and Writing Items
- Hanger: for Class A Uniform between wearings
- Shampoo
- Soap in container
- Toothbrush and Toothpaste
- Washcloths
- Comb, brush, mirror
- Old Towels: showering and swimming

Optional Equipment

- Merit Badge required items and prerequisites
- Long sleeve shirt with buttons, long pants, and belt for Swimming & Lifesaving merit badges (if on schedule)
- Small religious text (ex. Bible, Torah, Quran, Shruti, etc.)
- Camera (no cell phones)
- Pocket knife (with Totin' Chip)
- Card Game
- Compass
- Pillow
- Musical Instrument
- Spare Rope or Cordage
- Extra Shoe Laces

Who Packs?

The Scout must pack his own bag/duffle. This allows him to know what he has and where it is. It reduces the "someone must have taken it" issues later in the week.

Routine Drug Administration Record

Name: _____ Campsite: _____

Troop No.: _____ Date of birth: _____ Classification: _____

Drug hypersensitivity: _____ Weight: _____

Prescribing Physician: _____ Medications: _____ Rx: <input type="checkbox"/> No <input type="checkbox"/> Yes Number(s): _____ Dosage: _____ Date filled: _____ Route: <input type="checkbox"/> P.O. <input type="checkbox"/> I.M. <input type="checkbox"/> S.C. <input type="checkbox"/> S.L. <input type="checkbox"/> Topical <input type="checkbox"/> Inhalation <input type="checkbox"/> Rectal Times: <input type="checkbox"/> PRN <input type="checkbox"/> Daily <input type="checkbox"/> B.I.D. <input type="checkbox"/> T.I.D. <input type="checkbox"/> Q.I.D. <input type="checkbox"/> A.C. <input type="checkbox"/> P.C. <input type="checkbox"/> H.S. Amount in bottle: _____ Comments: _____	Prescribing Physician: _____ Medications: _____ Rx: <input type="checkbox"/> No <input type="checkbox"/> Yes Number(s): _____ Dosage: _____ Date filled: _____ Route: <input type="checkbox"/> P.O. <input type="checkbox"/> I.M. <input type="checkbox"/> S.C. <input type="checkbox"/> S.L. <input type="checkbox"/> Topical <input type="checkbox"/> Inhalation <input type="checkbox"/> Rectal Times: <input type="checkbox"/> PRN <input type="checkbox"/> Daily <input type="checkbox"/> B.I.D. <input type="checkbox"/> T.I.D. <input type="checkbox"/> Q.I.D. <input type="checkbox"/> A.C. <input type="checkbox"/> P.C. <input type="checkbox"/> H.S. Amount in bottle: _____ Comments: _____	Prescribing Physician: _____ Medications: _____ Rx: <input type="checkbox"/> No <input type="checkbox"/> Yes Number(s): _____ Dosage: _____ Date filled: _____ Route: <input type="checkbox"/> P.O. <input type="checkbox"/> I.M. <input type="checkbox"/> S.C. <input type="checkbox"/> S.L. <input type="checkbox"/> Topical <input type="checkbox"/> Inhalation <input type="checkbox"/> Rectal Times: <input type="checkbox"/> PRN <input type="checkbox"/> Daily <input type="checkbox"/> B.I.D. <input type="checkbox"/> T.I.D. <input type="checkbox"/> Q.I.D. <input type="checkbox"/> A.C. <input type="checkbox"/> P.C. <input type="checkbox"/> H.S. Amount in bottle: _____ Comments: _____	Prescribing Physician: _____ Medications: _____ Rx: <input type="checkbox"/> No <input type="checkbox"/> Yes Number(s): _____ Dosage: _____ Date filled: _____ Route: <input type="checkbox"/> P.O. <input type="checkbox"/> I.M. <input type="checkbox"/> S.C. <input type="checkbox"/> S.L. <input type="checkbox"/> Topical <input type="checkbox"/> Inhalation <input type="checkbox"/> Rectal Times: <input type="checkbox"/> PRN <input type="checkbox"/> Daily <input type="checkbox"/> B.I.D. <input type="checkbox"/> T.I.D. <input type="checkbox"/> Q.I.D. <input type="checkbox"/> A.C. <input type="checkbox"/> P.C. <input type="checkbox"/> H.S. Amount in bottle: _____ Comments: _____																																																																																																																																																																																																																																																																
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Initial	Signature	Name	Position
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INSTRUCTIONS: Sheet is for reproduction as needed. It should be three-hole punched and kept in a binder during camp week. Use one sheet for each camper with a prescription. Record all medicines brought to camp (up to FIVE medications per sheet). The medication, dosage and dosage schedule should be copied from the prescription. Record dispensing times and days in the blocks provided for each medication as they are dispensed. After camp, place sheet(s) inside the first aid log.