

**If your camper does not take any medication, vitamins or supplements, you do not need to read this email. If they do, read this closely and familiarize yourself with its details. Not complying with North Star's medication, vitamin and supplement distribution procedures and/or completing health forms incorrectly will impact our ability to distribute meds to your camper.**

**Overview:**

- North Star partners with CampMeds, a pharmacy that supplies camper's personal medications and supplements, which are sent directly to camp in advance of the camp session starting.
- If your camper is taking daily pill medications of any kind during the summer, they must be ordered through CampMeds. This includes prescription medication, over the counter medication, vitamins and supplements.
- Medications that are not taken daily or are not in pill form can be sent directly with your camper to camp.
- All medications at camp must be stored in our Health Center.
- You must list and document all of your camper's medications when you complete their online Health History Form.
- Medications that should be ordered through CampMeds but are instead sent directly to camp are at risk for not getting administered to your camper on the correct schedule. Additionally, families will be billed an additional fee when medications need to be individually packaged at camp.

**Please read for additional and important details:**

North Star partners with CampMeds, a pharmacy that fills camper's daily pill medication. CampMeds individually packages and labels camper medications for safe and effective administration. While at camp, if your camper needs to take any daily medications that are in pill form, those pills must be ordered directly through CampMeds.

If your camper has medications that are not taken on a daily basis or medications that are not in pill form, those can be sent directly to camp without an order through CampMeds. This includes inhalers, epi-pens, creams, sprays, drops.

For any camper who will take any medication at camp, we have a [website page we recommend reviewing that includes details about medications at camp](#). You will need to submit all daily pill medication orders [directly with CampMeds as soon as possible](#). CampMeds has strict deadlines for medication orders and high late fees. All orders must be fully complete at least 30 days in advance of the start of the session and this includes prescription submissions from doctors.

Our Health Center staff have shared that the most difficult part of working at camp is dealing with medications, especially at the start of the camp session, when parents do not follow our guidelines. In addition to the above Campmeds process, **please help us support the Health Center staff by reviewing and following the procedures**. This will allow them to spend as much time as possible supporting your camper.

- In order for North Star to be in compliance with our Health Department standards, we must have a complete listing of all medications you expect your camper to take while they are at camp. Medications must be listed on page 5 of your camper's Health History form. This is one of the forms you will complete on the Campintouch system. We cannot provide medications that you have not listed on the Health History form.
- All medications not sent through Campmeds will be collected at the start of the session, stored in the Health Center and administered by the health center staff. No medications of any kind can be stored in camper quarters.
- For medications that are being sent by you to camp, they must come to camp in their original packaging, with their original prescription label. The prescription label must have the camper's name. Any doctor's written instructions must match identically for how the medication will be administered at camp. Do not send any Ziplock baggies of pills!

- North Star strongly recommends that medications are administered in pill form when possible. Liquids, chewables, gummies and other forms of medication do not always store well and the summer humidity often changes their texture or makes them difficult to administer.
- We strongly recommend that campers maintain the same medication regime at camp that they do at home. “Medication vacations” while at camp often lead to campers experiencing difficulties or challenges that are well-managed throughout the rest of the year. While campers are not in a classroom setting, we find that the medication strategies that they employ during the school year will help them be successful while at camp.

If you have any questions about medications or CampMeds orders, please reach out to Robyn Boehm, Assistant Director. Camp nurses and health center staff are available when they are on-site at camp. Reminder that all health forms are due in the [CamplnTouch](#) system by May 1st.