
Healthy Camp Experiences Begin & End At Home

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Dear {{RecipientGreeting}},

Your camper's health and wellness is a major priority for us at North Star. While we'll take great care of your boys if they are sick, we would much rather that they are out playing! As you continue to set your child up for success and prepare him for a great summer, here are some health and wellness plans to note because a healthy camp experience starts and ends at home.

Plan to arrive to camp healthy

Do not send your camper to the first days of camp unless they are 100% healthy. Starting camp off on a healthy note can mean that a healthy summer continues for everyone!

All campers will undergo a health screening during their first day of camp. Campers who arrive at the bus or dropped off at camp sick will return home with their parents. Parents will need to make extra arrangements if their camper arrives at the Minneapolis airport sick.

If your camper is feeling unwell for any reason before camp begins, reach out to the camp directors so we can make a plan to make sure he is well and set up for success.

Keep your child up to date with required childhood vaccinations

Keeping your camper up-to-date with childhood vaccines before camp can decrease their chances of serious illness in a community setting like camp. We strongly encourage you to check if your camper is up-to-date with vaccinations, especially for Pertussis and Tetanus. If you have questions about your child's immunizations status, please reach out to their physician and work to get them up to date before camp begins.

Immunization records for all campers were due submitted by May 1st.

Talk about Tick Safety and Prevention with your camper before camp

Ticks are a type of small bug that can carry and spread numerous types of serious diseases, including but not limited to, Lyme Disease. Ticks are known to exist in every region of the US and taking extra care and precaution during the summer months is important.

Ticks are often found in wooded or grassy areas. Ticks feed on human and animal blood and will try to attach to skin, often in warm, dark places like arm pits, behind ears, along the hairline, and in between legs.

While no one wants to deal with these creepy crawlies, or the potential illnesses and the long-lasting symptoms that they spread, the good news is that prevention can go a long way. North Star treats the grounds to decrease the prevalence of both ticks and mosquitos each summer. Additionally, wearing bug spray, staying on paths when hiking and wearing long clothing like pants and long-sleeved shirts can help decrease encounters.

Additionally, it is a good habit at camp to complete a daily tick check to find any ticks before they become attached. The camp staff will encourage campers regularly to complete a daily tick check when they are at camp. Before camp starts, share example videos with them and encourage them to be mindful and aware.



Little actions can go a long way at camp!

Handwashing is the best way to prevent the spread of illness and disease, and everyone at camp is required to wash before entering the Lodge for mealtimes. Small actions like handwashing, drinking enough water, eating healthy and wearing sunscreen go a long way to maintaining good health. Please talk about the importance of these behaviors at home, practice them with your son, and we will continue to reinforce their importance at camp too.

While coming to camp teaches campers how to "level up" in their independence with these skills, there will also be many reminders and different forms of offered support.

Pro tips:

- Label your camper's water bottles in a highly visible and durable manner. Everyone at camp will misplace their water bottle at some point. Make it easier to get it returned to them with a big, bold label.
- Discuss the appropriate amount of water your camper should drink each day. How many times should they fill up their particular water bottle to reach this goal? Figure it out together and then encourage them to strive to have "light yellow" color urine as a sign they're doing it right.

- We encourage all campers to be part of the packing process. As you pack up together, show them how much sunscreen, toothpaste and body soap is being sent to camp. Talk about how much you expect to see come home (after they use all these products at camp regularly!)
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Health Center

The Health Center is open 24/7 to any camper when they need it. The staff are another great group of people at camp who can offer support and helpful information in a warm and nurturing manner.

Of course we are going to take care of emergent health care needs with the urgency that they deserve. Non-urgent or mild health care needs will be treated and tended to during daily "Health Check times." These might include campers who have itchy mosquito bites, runny noses, sore throats, coughs or upset stomachs. Health Check times are everyday right after breakfast, after lunch and after Evening Program. If your camper is dealing with a minor issue, you can let them know to come and see one of the camp staff during any of the daily Health Check times.

North Star has a wonderful Health Center facility located right in the middle of camp. Our Health Center is staffed with wonderful Registered Nurses and health aides to assist in providing care to your camper while they are at camp.

Our Health Center staff share each summer 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 safety guidelines. **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 the wellness of your camper.

Medication Reminders:

- North Star requires the services of [CampMeds](#) for daily, pill personal medications being administered at camp.
 - Oral medications come in all variations and different substances. When possible, North Star encourages medications to be sent to camp in pill form. (Liquids, gummies and other substances don't store well during the summer humidity and are much more difficult to administer.)
 - Medications that are not taken daily or are not in pill form can be sent directly with your camper to camp. If you are sending "as needed" medications to camp, make sure they are sent in the original packaging and with your camper's name clearly written on it. (Random baggies of loose pills will not be administered!)
 - To be in compliance with our local Health Department, medications in all forms must be stored in the Health Center. Medications may never be stored in a camper's cabin.
 - Anytime your camper needs a medication they brought to camp, it is full available in the Health Center.
 - To be in compliance with our local Health Department, all medications that are coming to camp must be listed on your camper's Health History Form.
 - Medications that should be ordered through CampMeds but are instead sent directly to camp are at risk of not getting administered to your camper right away or on the correct schedule.
 - Families will be billed an additional fee on their camper's Spending Account when medications are incorrectly sent to camp.
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When will our Health Center staff give you a call?

In all instances, the Health Center staff will take great care of your camper so they can feel better and rejoin all camp activities as quickly as possible. In many instances, when campers visit the Health Center for a quick need, parents will not be contacted.

During the camp session, here are some instances when the Health Center staff will reach out to you:

- A medical issue that requires an overnight stay in the Health Center
- Evidence of a communicable illness with fever
- An injury requiring medical treatment
- An allergic reaction to stings, medications or food
- A confirmed bite by a deer tick (known to carry Lyme Disease)

2025 Preparing for Camp Guide

We are counting down the days until our wonderful 81st summer at North Star begins. Thank you for all that you are doing at home to set your camper up for success! Reach out to us with any questions, any time.

Thanks,

--Andy, Dan, Robyn, Glick and Beth



Andy Shlensky

North Star Camp for Boys

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Pronouns: he, him, his



"Remember the Scholarship Fund" - www.CampForAllKids.org

