

Dear Parents,

Welcome (back) to Waukeela!

Each year an important aspect of preparing for camp is making sure that our staff understands the health needs of our campers. It is for this reason that we require an updated health history and a current physical exam for each camper well before her arrival at camp. These forms are reviewed carefully by our nurses in the weeks ahead so that we can provide a safe and healthy experience for all.

This year all health forms are due no later than **May 1**. The only exception to this due date is the Physician's Examination Form which *may* be submitted later if your insurance company only allows for one well child exam every 365 days. If that is the case for your daughter, please email me at aja@waukeela.com with the date of her scheduled physical exam appointment. Once the physical exam is completed, you will need to upload it to her CampBrain account ASAP, preferably by the next business day.

You will find all the information you need regarding forms in the Health Requirements document attached to this email. A copy of this will also be available on the Waukeela website under Current Families.

For campers requiring daily medication, this year we will be using [PackMyRx](#). It is very important that you register your camper with PackMyRx ASAP. After registering, you should have your child's physician send any necessary prescriptions according to the instructions on the PackMyRx website. We can not accept medications not processed through PackMyRx. This includes any over the counter medications, vitamins, fiber gummies, etc. that your child will require daily while at camp.

For campers who require a rescue inhaler or Epipen, you will need to provide an unused, non-expired, pharmacy labeled device to be kept accessible to the staff in case of an emergency. A current allergy and/or asthma action signed by the physician is also required. Campers may also self-carry their device(s) if that is expressly indicated in her Asthma Action Plan and/or Allergy Action Plan.

If you cannot find the information you need in the attached documents, please feel free to contact me at aja@waukeela.com or at 603-447-2260, ext. 104.

We look forward to working with you to ensure a healthy and happy camp experience for your daughter!

Best regards,
Aja Hutchins, MS, RN
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