

## **IMPORTANT HEALTH INFORMATION - 2024**

Silver Towers Camp is seeking to effectively provide optimal camping experiences for the enjoyment of all campers. Acceptance of campers is based upon information provided by the individual, the care giver, and physician. All campers are expected to have self care skills, including activities of daily living and the ability to independently participate in camping activities. Camp counselors will provide activities, guidance, support, and instructions for campers; however, staff members are not trained medical personnel. Therefore, acceptance of the camper is conditional pending a brief evaluation by the Camp Nurse, Camp Director, and related staff upon arrival to assess:

- **All campers must be fully vaccinated and boosted against COVID-19.**
- Medication – in its original bottles
- Dietary needs – if gluten free you may provide specific food which will be kept in the kitchen
- Program readiness
- Current medical/mental health status
- All current Doctor's Orders or Prescriptions
- Copy of Insurance Card both Front and Back

Campers manifesting any of the following can not and will not be permitted to the camp:

- Active cough
- Runny nose or any symptoms of COVID -19
- Contagious illness/disease
- Inappropriate social behaviors
- Head lice
- Athletes foot
- Fever
- Open wounds/runny sores
- Recent Respiratory Illnesses such as Pneumonia and Bronchitis

Reminder for all campers: medications, over-the-counter drugs, and medical supplies will be stored and dispersed by the camp nurse. Additionally:

- **All medications must be in their original containers. If they are bubble packed, they must have a list of each medication printed on the packaging.**
- All over-the-counter supplies/medications must be labeled
- All belongings must be labeled with the camper's name.
- **Campers may bring electronic devices however they will be their responsibility and the camp will not be responsible for lost or stolen items.**
- **No cigarettes, lighters, matches, alcohol or drugs may be permitted at camp. This includes by the counselors and staff.**
- **Over the counter drugs will NOT be allowed in the dorms and will be kept in the Infirmary.**

**Campers unable to meet all of the above criteria will not be admitted to the camp**

## CLOTHING AND EQUIPMENT LIST SILVER TOWERS CAMP 2024

Please send durable clothes and label all items with camper's name. There will be limited laundry service available at camp due to our Water Supply. Please provide Laundry Detergent if you are in need of having the camper's clothes washed at camp. This is a minimum list of items for one week of camp. Please pack enough clothing for your campers stay at camp!!!!

- \_\_\_\_\_ 1 sleeping bag or bedding for a twin bed
- \_\_\_\_\_ 1 pillow and pillow case (We do not provide pillows or pillow cases)
- \_\_\_\_\_ 1 Fitted Twin Sheet Set or more if necessary for medical needs
- \_\_\_\_\_ If camper has nighttime incontinence, please provide the necessary supplies
- \_\_\_\_\_ Jeans/long pants (for cold days)
- \_\_\_\_\_ Shorts (for hot days)
- \_\_\_\_\_ Long and short sleeve tee shirts, sweatshirts/sweaters
- \_\_\_\_\_ 1 warm coat/heavy jacket and 1 raincoat
- \_\_\_\_\_ Socks
- \_\_\_\_\_ Underwear and/or disposable undergarments
- \_\_\_\_\_ Pajamas
- \_\_\_\_\_ Sneakers
- \_\_\_\_\_ HAT and SUNGLASSES
- \_\_\_\_\_ Bathing suits
- \_\_\_\_\_ Towels/wash cloths, beach towels for pool, flip flops for shower
- \_\_\_\_\_ **Reusable Water Bottle, labeled with camper's name**
- \_\_\_\_\_ **Toothbrush, toothpaste, deodorant, soap, Shampoo, Hair Brush/Comb, sun screen, mosquito/bug repellent**
- \_\_\_\_\_ **Males: RAZOR, shaving cream or electric razor. Females: Feminine HYGIENE PRODUCTS**
- \_\_\_\_\_ Laundry bag, Laundry Soap (laundry is limited)
- \_\_\_\_\_ **Addressed/stamped postcards or envelopes, paper, pen/pencil**
- \_\_\_\_\_ **Optional: Personal Fan, disposable camera**
- \_\_\_\_\_ **NOTE: Please leave money and valuables at home. If you and your camper choose to send electronics such as IPods, iPads, MP3 players, digital cameras, please know that they are your responsibility and the camp cannot be responsible if something happens to them.**
- \_\_\_\_\_ **Please DO NOT send soda, candy or any junk food to camp with your camper!!!!!!!!!!**