

## 2023 Powder Ridge Summer Camp Checklist

### Monday

All paperwork and medical information must be submitted **no later than Monday morning** at check in. *Campers will not be able to participate in camp if any paperwork is missing.*

- Physical (within the past 2 years) – (your camper’s school should have one on file)
- Emergency contact information – cell phone and work/home number
- Camper’s physician contact information
- Camper’s health care insurance information – Company & policy number
- Parent/Guardians contact information

### Additional Forms if Applicable

- Medication administration (**See Page 2**)
- Individual Plan of Care (**See Page 2**)
- Before or After care

### Every Day

- Backpack to carry personal items
- Water bottle (refillable)
- Snacks
- Sunscreen and Bug Spray
- Closed toed shoes: sneakers or lightweight hiking shoes
- Long sleeve shirts and pants are highly suggested. Quick-dry, wicking material is great for paintball days.
- Gloves (available for purchase on-site and at registration)
- Goggles (available for purchase on-site and at registration)
- Full suspension bike (available to rent)
- Helmet (available to rent)
- Knee, elbow and chest protection is highly recommended (available to rent)
- Bathing suit, towel & water shoes or sneakers that can get wet for Slides (Wednesday – Friday)
- Raincoat (for rainy days)

### Cell Phones

If you need to reach your camper, contact the director first. Their contact information will be provided after registration.

*If the electronic device becomes a hinderance to camp activities, the coaches have the right to hold the device – or collect them each morning - and return it to the camper at the end of the day.*

### For **Brownstone Park Field Trip** scheduled for Tuesday

- Towel, bathing suit, sandals or water shoes, pocket money for snacks.

**My camper has an inhaler or EpiPen (or other medication prescription or non-prescription). What documentation do you need?**

- Signed form from your camper's physician allowing self-administration, AND
- Individual Plan of Care form signed by the parent(s)/guardian(s)

The medication must come in the original packaging with your camper's name on it. The coach will hold for the duration of camp and return to you on Friday at pick-up.

**My camper has a special health need or disability. What documentation do you need?**

- Individual Plan of Care form signed by the parent(s)/guardian(s).