



FREEDOM, MAINE 04941

HIDDEN VALLEY CAMP

A Summer Arts and Outdoors Community for Children Ages 8-14

Preparation of Summer Medication for Campers

Our longtime health staff is dedicated to your children's well-being and has a lot to accomplish pre-arrival.

Please support HVC's nurses by taking care of this critical task in a timely manner and let us know if you have questions.

All non-liquid prescriptions (see below for OTC) must be prepackaged with this information:

- Camper name • Drug name
- Must be packed in a "blister pack," with...
- Date and time for each administration.
- Doctor note explaining condition for which med is prescribed

You have two options, and please note:

- Families CANNOT package meds at home except for some OTC's.
- Hidden Valley DOES NOT use "CampMeds."

1. Use your local pharmacy (See *Details) and then choose:

- MAIL drugs to HVC, attention nurse. Leave 10+ days for to arrive on time to be processed.
- CAR: Bring meds to camp when you drop children off.
- BUS: Hand medication directly to the bus chaperone.
- Please DO NOT send medication on the PLANE.

2. Use the services of nearby Belfast Drug:

- Contact them: 207-338-0441
- Set up a profile:
 - Remind them this is for Hidden Valley Camp.
 - Request a blister pack.
 - Insurance info - DOB of primary insurance subscriber
 - Credit Card info - will be secure and is required.
 - Confirm that this med is covered by your insurance.
- Tell Dr's office: "My child's prescription for summer camp MUST state..."
 - Camper's full name...
 - That the script is for a Hidden Valley Camp child, and...
 - Should be packaged in a blister pack."
- Please take note:
 - It takes up to a week for Belfast Drug to prepare the medications for your child in blister packages.
 - Note: Families will be charged \$3.00 for an overall blister pack.
 - HVC will pick up the medications at the pharmacy one week before your camper arrives at camp.
 - If your child's medications are controlled for one month before the prescription can be refilled, please let us know as soon as possible. The camp can make arrangements to pick your medications up in Belfast on arrival day.
 - Campers arrive on Sunday (or Friday for a few of you.) Belfast Drug closes at 2:00 PM on Sundays.
 - Be sure to read *Details, above.

*Details for all Pharmacies:

- Check ahead that med is covered by your insurance.
- Pharmacies CAN prepare OTC allergy meds IF they are prescribed by a physician as noted on this page.

Important: Over-the-Counter Meds: ✖

- You must pre-package vitamins, gummy melatonin, and other non-allergy OTC meds.
- These must be sent to us in individual doses with: Camp Name - Name of Med - Amount (ex: 10 mg) - Time of Day to dispense.
- Liquids: Send: Name - Amount - Time of Day.
- **Include Dr's note for all daily OTC meds.**

Please do not leave this 'til the last minute. Plan now!

Many thanks...

Meg & the HVC Heath Staff