

# Winter Mountain 2019

## What To Bring



1. One piece of luggage per person – **LABELED**
2. BIBLE, notebook, and pens.
3. Sleeping bag or twin bed sheets/blanket and pillow (**MUST be in a large plastic bag & LABELED**) Jr and Sr. girls do not need bedding.
4. Extra trash bag to store wet/dirty items on the way home.
5. Sunglasses and sunscreen.
6. Warm and waterproof appropriate clothes – a jacket, waterproof gloves, a beanie, and extra socks. School rules for modesty and appropriate dress still apply to clothing choices.
7. A towel and toiletries including kleenex
8. Appropriate foot gear for snow (no flip flops, heels, open toed shoes) - an extra pair of shoes is a good idea.
9. Flashlight
10. Water bottle
11. Money for camp snack bar and camp gift shop (\$20-40).
12. Medications: The school nurse is not permitted to dispense prescription or nonprescription medication, including aspirin or Tylenol, without prior written consent from a licensed physician/healthcare provider who has the responsibility for the medical management of the student. Students are not to have any medication in their possession. If your student requires medication for any reason, it may be administered at nurses' station and the following procedures must be adhered to:
  1. **There will be a separate check in location for all medical concerns and special food to be turned in.** Medication and completed Authorization to Administer Medicine must be brought to this location at check in. Under no circumstances will a child be permitted to bring his/her own medication to camp. This applies to all cough drops and vitamins as well as prescribed drugs.
  2. A medication contract must be completed, signed by the parent and physician, and submitted with the medication at time of check-in. No medicine will be administered without this authorization.
  3. Nonprescription medication must be in the original package or container, marked with the student's name, along with the directions for administering the dosage.
  4. All prescription medication must be clearly identified with the student's name, in a pharmaceutical container describing the directions for administering the dosage, the time to be administered, the physician's name, and date medication is to be discontinued.