



MEDICATION POLICY

URJ rules **do not permit** campers to keep medicine in their own possession, except by special permission of the Camp Nurse and Camp Director, otherwise, the Camp Nurse dispenses all medications. Rescue medications, such as EpiPens and inhalers, are kept in the cabins by staff, if required.

*****IMPORTANT*****

For Parents of Campers who take Medications

New for summer 2025, all prescription medications must be packed with a copy of the prescription label on the blister pack (your pharmacy can print you a sticker to go directly on the blister pack).

PILLS

BEFORE you arrive at camp: Prepare a “blister pack” (see page 3 for instructions) containing all pills that your camper requires at each medication administration time. time of day with a stapled copy of the prescription.

- Properly prepared and labeled blister packs are a simple way to ensure the right medications are given to campers at the correct time.
- Dispensing is easy and so is tracking. Information on where to purchase blister packs, what kind to purchase and how to label them are included below.
- **NEW:** Attaching the prescription to the blister pack helps ensure that the medical staff distributes medication properly and with certainty that the right medication is going to the right person. It also helps us ensure no transcription errors or legibility issues when you print the information on the blister pack.



MEDICATION POLICY

LIQUIDS, CREAMS/OINTMENTS/POWDERS

When possible, please choose chewable or dissolvable versions of medications instead of liquids as liquids are challenging to store at camp.

- **Bring the prescription to camp in their original containers with the prescription sticker on it** (make sure each has a label with the camper's name, the name of the medication, and any dosage requirements on the packaging).
- Place each individual medication in an individual one-gallon Ziplock plastic bag and label it with
 - Your camper's name
 - Name of the medication
 - Time(s) it needs to be taken/applied on a daily basis.

Individual packaging will help us organize these medications to ensure they are given at the proper times and will allow us to separate regularly scheduled medications from those taken "as needed". **If your camper takes a powder, please send the powder portioned out in labeled individual baggies (snack size or smaller).**

AS NEEDED MEDICATION

If your camper takes any prescription or non-prescription medications on an as needed basis, you will bring those medications to camp in their original containers (make sure each has a label with the camper's name, the name of the medication, and any dosage requirements on the packaging). This includes pills.

Place each individual as needed medication in an individual one-gallon Ziplock plastic bag and label it with your camper's name, the name of the medication, and write "AS NEEDED" on the bag. This will help us as we organize medications keeping daily and as needed medications separate.



HOW TO BLISTER PACK MEDICATION

Step One: [Purchase a 31-day blister pack](#)* for each time of day your child takes medication (i.e., if your child takes medicine at breakfast and at bedtime, purchase two separate blister packs; if your child takes medicine at breakfast, lunch and bedtime, please purchase three separate blister packs). **New for summer 2025: Please note that for all prescription medications, the prescription (given to you with the pills from the pharmacy) must be on the blister pack. Your pharmacy can give you a sticker with this information.**

Step Two UPDATED FOR SUMMER 2025: Please place the prescription sticker (from your pharmacist) on the blister pack and write what time of day the medication should be dispensed (breakfast, lunch, dinner or bedtime).

Please make note on the size of your camper's medication, and purchase the Extra-Large blister pack if needed.

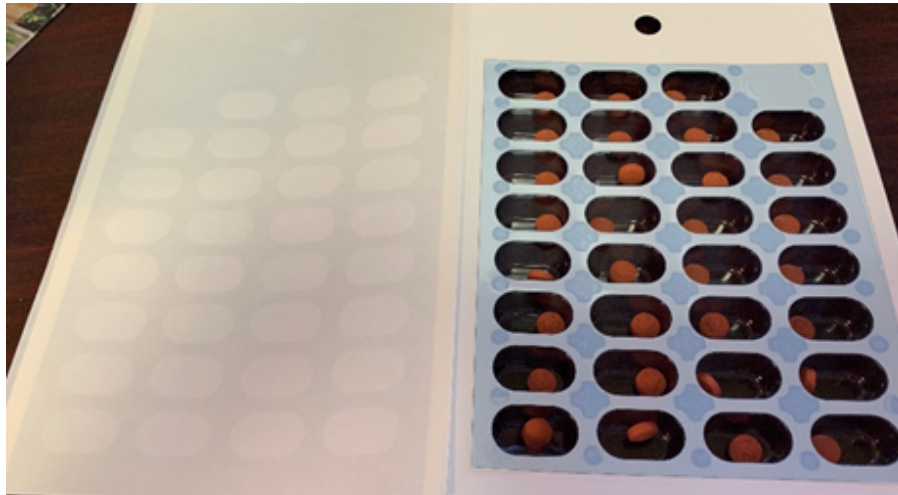




HOW TO BLISTER PACK MEDICATION

Step Three: Place pills into each pack (enough for the full session)

Please pack the medication using the numbers to correspond to the date your child is at camp (i.e., if your camper arrives on July 12, the date on the blister pack you should start with is number 12). Dinner and bedtime meds will start the first day your child is at camp. Breakfast and lunch meds will start the following day.



Step Four: Pull back the adhesive





HOW TO BLISTER PACK MEDICATION

Step Five: Press the two sides together



Step Six: Repeat for multiple meals or children (i.e., if Jane Doe takes medication at breakfast and at bedtime, she would need one blisterpack labeled for breakfast and one labeled for bedtime).

Please note: If camp is required to blister pack or otherwise organize your camper's medication on opening day, you will be charged a \$100 processing and handling fee.



FAQ

If you have any questions not covered below, please email gucieurj.org.

Frequently Asked Questions

What if we do not have enough of a specific medication to package and prepare a full session's worth of medication for our camper?

Our preference is that you work with your physicians and insurance to obtain any authorizations to fill a full session's worth of prescription medications for your camper before camp starts. Most insurance companies will authorize a refill if they know a person's prescription will run out on a long vacation, for example. **This is called a "vacation override."**

We require that you provide camp with at least seven (7) days' worth of any prescription medication for your child on or before opening day. If you have more than seven (7) days' worth of a prescription medication, but not a full sessions' worth, prepare what you have as directed above. Immediately upon refilling the prescription for that medication, you will need to prepare the packaging as described above and then either overnight it to camp or deliver it to our Security Gate.

If you overnight medication to us, please send us an email at gucieurj.org advising us that you have sent them. We will confirm receipt. PLEASE REQUIRE SIGNATURE AT DELIVERY.



FAQ

Why do we have to use blister packs for daily pills but not “as needed” pills?

This is how we keep everyone safe. With approximately 400 people living on camp at any one time, there are many people taking medications at breakfast, lunch, dinner and before bedtime. Blister packing pills makes organizing and dispensing a large number of medications simple and greatly reduces the risk of error when compared to preparing individual doses.

Pills taken on an “as needed” basis are stored separately from daily medications and are typically used infrequently. These medications can easily be prepared for a camper at the time of need.

Why do I need to send chewable or dissolvable medications instead of liquids?

Liquid medications are more challenging to store as well as dispense. With hundreds of people taking medications throughout the day, we want to serve each person as quickly and efficiently as possible.

Do I need to send commonly used medications for headaches, allergies, cold and flu, etc. with my camper?

No. GUCI stocks the infirmary with a number of commonly used over-the-counter medications that can be given to campers as needed by our doctor or nurses. See below for a list of commonly used over-the-counter medications that you do not need to send with your camper. You provide permission for these medications in your camper’s medical forms.



FAQ

How do you ensure that my camper gets medication when needed?

We review our medication dispensing procedures with all campers on the first day of camp and we show them where they will get their daily medications. Our nurses and doctors have a list of all campers taking daily medications at breakfast, lunch, dinner or bedtime. We track when each camper takes their medications. If a camper does not receive their medication for any reason, unit heads and counselors are immediately notified, and the camper is reminded and escorted to pick up their medication.

Can I put more than one pill in the blister pack?

No. We need a separate blister pack for each medication your child takes, with the corresponding prescription label.

What happens if we do not comply with the medication packaging requirements?

If your camper arrives with medication(s) that hasn't been packaged as described above, you will be charged a \$100 processing and handling fee.

New: Why do we need to include copies of the prescription with the blister pack?

Nurses administering medications must have access to a current prescription to validate the medication, dose, and administration time of each medication. It also helps us ensure no transcription errors or legibility issues when you print the information on the blister pack.