

**FIELD TRIP / EXPEDITION
HEALTH / MEDICATION FORM**

School: ***Pine Lake Preparatory*** Event/Date: **Senior Experience Camp Hanes YMCA
8/15/2017- 8/17/2017**

Student Name: _____

Address:

(STREET) (TOWN/CITY) (STATE) (ZIP CODE)

Home Phone: _____ Work Phone: _____

Cell Phone: _____

Emergency Contact: _____ Phone: _____

Emergency Physician: _____ Phone: _____

Please fill out the following for any type of medication to be given to your child while on a Pine Lake Preparatory Expedition/Field Trip. This includes non-prescription medication to be given as needed. **All medication MUST be in its original container.** If no medication is required, please check the box below.

_____ I give permission for PLP to administer the listed medication(s) according to the schedule provided
_____ No medications are required.

Please check any or all of the following non-prescription drugs that chaperones may administer if necessary while on the expedition:

____ Tylenol ____ Cough Drops ____ Ibuprofen ____ Benadryl ____ Tums ____ Mylanta
____ Hydrocortisone Cream ____ Dramamine ____ Sunscree ____ Neosporin
____ All of the above ____ Other (please list) _____

Drug Allergies: _____

Prescription Medications: (Use additional sheet if necessary)

| Name of Medication | Dosage | Time's Given | Reason/Notes |
|--------------------|--------|--------------|--------------|
| | | | |
| | | | |
| | | | |

In case of an emergency involving my student/child and a parent /guardian cannot be contacted, I authorize any chaperone associated with this tour to obtain medical care for the my student. Furthermore, if the treatment is for a non-tour-related illness or injury, I authorize the use of our family medical insurance company.

Company Name: _____
Phone: _____
Policy # : _____ Subscriber # : _____
Billing Address: _____
Name of Primary Insured: _____ Employer: _____
Employer Phone: _____

In addition, on behalf of my child, I acknowledge that in connection with swimming and other physical activity I have or have not authorized this activity as indicated below, and I have fully advised the chaperones of all limitations that my child may have in participating in the trip activities. I hereby release the chaperones and Pine Lake Preparatory from responsibility for personal injury or other loss which might occur while engaging in swimming or other physical activity unless such injury or loss is caused by the gross negligence of Pine Lake or the chaperones. **Please check one below.**

Swimming Authorized Swimming not authorized

Please specify fully any allergies, nutrition concerns and limitations on physical activity or other concerns:

Parent/ Guardian Name: _____
(PRINTED NAME PLEASE)

Parent/ Guardian Signature: _____ Date: _____

Camp Hanes Packing List

Please remember, Camp is not responsible for personal items brought to Camp including recreation equipment. Please make sure you have all your items before we depart back to Pine Lake on the buses. The number suggested is the minimum needed. Many times an extra pair of shorts or socks is useful. Bring only items that you don't mind if it gets dirty or lost. Items left after the camper leaves will be donated to charity.

| | |
|---|---|
| <p><u>Clothing:</u></p> <p>Sweatshirt (2) Raincoat T – Shirts (3) Shorts (3) Long Pants (2) Undergarments (4) Hat/Sun Visor Sandals/flip flops Socks (4) Long sleeve shirt Pajamas (1) ▪ Closed-toe shoes/ Tennis Shoes Swimsuits (1)</p> | <p><u>Additional items:</u></p> <p>Backpack Water bottle Sunscreen Bug spray Small Flashlight Water Shoes or sandals</p> |
| <p><u>Toiletries:</u></p> <p>1 Towels Swim Towel (1-2) 1 Wash cloths Shower shoes Toothbrush / Toothpaste Shampoo / Soap / Deodorant Razor</p> | <p><u>What Not To Bring:</u> If any of these items below are found, they will be confiscated. Some items could result in having camper sent home prematurely at parent's expense.</p> <p>Knives Tobacco Products Firearms Alcohol Drugs Fireworks Animals (Pets)</p> |
| <p><u>Bedding:</u></p> <p>Sheet set and blanket or Sleeping bag Pillow and Pillow case</p> | |
| <p><u>Optional Items:</u></p> <p>Camera Sunglasses / Baseball Hat / Bandana Book or Magazines Cards / Games Hiking shoes</p> | |