



Health and Medication Information and Policies 2026



CAMP HEALTH CENTER

Our on-site care team includes a Health Center Director/Medication Charge Nurse, Clinic Charge Nurse, ten nurses, two nurse assistants, and a Health Center Liaison. In addition we have 24/7 telehealth access to a licensed, Board Certified Pediatrician, Dr. Kim Coleman.

Our partnership with Dr. Kim allows our campers to see a provider when they need to, without having to leave the fun at camp! Dr. Kim is able to evaluate and treat many common problems through real-time video visits, including, but not limited to: earaches, strep throat, rashes and sores, minor injuries, and concussions.

Your tuition includes unlimited access to Dr. Kim during your child's stay at camp. You will NOT be charged a co-pay and insurance will not be billed unless your child needs a prescription, camper specific medical supplies, or is referred to specialist care or other care off site.

Our Health Center Leadership Team:



Julie Tucker BSN, RN

Julie, our Health Center Director and Medication Charge Nurse works closely with Michelle to manage camper medications, Food Allergy Therapy and injections. She has worked as an Emergency Room nurse in Southwest Michigan for 14 years and has enjoyed several travel nurse positions. Julie is returning with her children for her 5th summer at camp! She enjoys traveling, music, sports and meeting new people!



Michelle Wheeler, DPN,
RN, PEL-CSN, CDCES

Michelle, our Clinic Charge Nurse, oversees the health center team that provides daily care for our campers and staff. She is currently the lead nurse for District 202 in Evanston. She's been a nursing instructor with Oakton College since 2014. Michelle is returning for her 3rd year at camp. As an experienced nurse leader with a strong clinical background, Michelle brings a collaborative and organized approach to ensuring the health, safety, and wellbeing of all campers and staff.



Kim Coleman, MD

Dr. Kim, our telehealth provider, is a licensed, Board Certified Pediatrician with over 20 years of practice experience. She has previously served as a camp physician for children with complex medical needs. Additionally, she has two daughters, both of whom have attended overnight summer camps.



HEALTH CENTER PARENT CHECKLIST

REVIEW ALL HEALTH CENTER POLICIES

Review the 2026 Health and Medication Information and Policies included in this mailing.

PHYSICAL EXAMINATION Due June 1st

Each camper is **REQUIRED** to have a physical examination by a licensed physician within 12 months of arriving to camp, per the American Camp Association. Your physician must complete and sign the form. You may use your state's health exam form as long as it indicates clearance for Physical Education/sports and includes your child's immunizations.

Exact dates of Immunizations must be documented on the form. If your child is **NOT** current on ALL IMMUNIZATIONS [recommended by the CDC](#) by please contact us at nurse@Lwccgwc.com.

If there are any changes in your child's health after you upload the form, you must update us at nurse@Lwccgwc.com.

Upload the Physician's Examination Form to your CampInTouch account.

HEALTH HISTORY FORM Due June 1st

Each camper is **REQUIRED** to have a Health History Form completed and submitted online through CampInTouch. A parent or guardian e-signature is **REQUIRED** when submitting the Health History.

The Parent Consent must be signed to authorize treatment of your child at camp and to authorize immediate action as deemed necessary should your child should become acutely ill or require emergency medical care. Without this consent your child will **not be permitted to attend camp**.

Don't forget to fill out and complete the insurance section on the Health History Form.

MEDICINE TREE PHARMACY

If your child will take ANY daily (or regularly scheduled) medications, vitamins, supplements, sleep aids, etc. while at camp, you are **REQUIRED** to **register** and **order** and your prescriptions through Medicine Tree Pharmacy. Please see additional information in our medication policies.

1st Session
Register by Friday, **May 15, 2026**

2nd Session
Register by Friday, **June 12, 2026**



MEDICATION POLICIES

In order to comply with strict Michigan state regulations and American Camp Association (ACA) standards on medication dispensing for summer camps, all prescription and over-the-counter (OTC) medications must be pre-packaged through our trusted pharmacy partner, Medicine Tree Pharmacy. All medications will be individually packaged with details including medication name, dosage, date and time. This packaging improves accuracy, ensures precise administration of each medication, and enhances safety for all campers.

We **REQUIRE** all medications to be ordered, packaged and dispensed by Medicine Tree Pharmacy. This includes "as-needed" medications that are not taken daily.

WHAT IS MEDICATION?

At Lake of the Woods and Greenwoods Camps, the word "medication" refers to anything taken or used to treat or manage a symptom or condition and/or to maintain or improve their health. Medications include all types of prescriptions, over-the-counter (OTC) non-prescription medications, vitamins, creams, sprays, injections, patches, and supplements. **Please note: Melatonin** is considered a medication by definition.

MEDICATIONS WE DO NOT ACCEPT

We do not accept/administer medications in the form of gummies or chocolate bars. These items are not stable in the summer heat. Please ask your doctor for an alternative with enough time before camp for your child to adjust to this change.

Expired medications or medications not sent in its original packaging will NEVER be administered under any circumstances and will be returned at the end of camp.

MEDICATION EXCEPTIONS

There are a select few exceptions to the pharmacy policy as outlined below. You must upload a completed Medication Exception Form and (when possible) mail the medications to camp two weeks prior to your child's session. Please mail them to **Attn: Health Center, 84600 47 ½ Street, Decatur, MI 49045**. We will review and notify you of receipt.

Approved Exceptions: Accutane, Birth Control Pills, Injections (i.e. growth hormones, epi-pens, insulin, etc), neffy, and rescue inhalers. These are REQUIRED to not be expired and have the pharmacy label adhered to the packaging for us to accept them.

Short term prescriptions, such as antibiotics, can be turned in to the Health Center staff on arrival day with the Medication Exception Form, in the original pharmacy packaging. You MUST notify us as soon as possible at nurse@Lwcgwc.com.

Any unauthorized medications sent with your child will not be administered for up to 48 hours, pending approval, and you will be fined.

To order medication for your camper please go to Medicine Tree pharmacy website: <http://medicinetree.com/campers>.

Please note that registration opens March 2nd.

A \$200 FEE PER MEDICATION WILL BE CHARGED TO FAMILIES WHO DO NOT FOLLOW OUR MEDICATION POLICIES



HOW WE ACCEPT MEDICATIONS

MEDICINE TREE PHARMACY

Medicine Tree Pharmacy is local to our camp. All medications ordered are packaged and delivered to us, or picked up by our Health Center staff.

A nurse will compare the medications received from the pharmacy to the medications you have listed on your child's Health History Form. It is important that if you have any changes, you notify us right away at nurse@Lwcfgwc.com. We will email you, confirming we have received the medication. Depending on the pharmacy's fulfillment and packaging, this means you may receive more than one email from us. Please be patient. If you have not received confirmation of your child's medications by the Thursday before their arrival date, please **FIRST** reach out to Medicine Tree Pharmacy and then reach out to camp. In past years, the most common issue has been that the pharmacy had not received a prescription from a doctor's office.

BY MAIL: MEDICATION EXCEPTIONS

APPROVED Medication Exceptions can be mailed to camp two weeks prior to your child's session start date with the Medication Exception Form **Attn: Health Center, 84600 47 1/2 Street, Decatur, MI 49045**. We will review and notify you of receipt and approval or if we need more information.

BUS DROP OFF: MEDICATION EXCEPTIONS

APPROVED Medication Exceptions including short term prescriptions, and emergency medications that must accompany your child while on the bus to camp have to be checked in at the health center table. We will only accept medications that were approved of prior to drop off. All emergency medications will be on the bus with your camper- this includes "self carry" medications.

Please place your child's medication and form in a zip lock bag clearly labeled with their first and last name.

CAR DROP OFF: MEDICATION EXCEPTIONS

APPROVED Medication Exceptions including short term prescriptions, and emergency medications that must accompany your child while you were traveling to camp should be checked in with the Health Center.

Health Center staff will verify at that time that medications are not expired and have a pharmacy label. We will only accept medications that we were notified of and that were approved of prior to drop off.

Please place your child's medication and form in a zip lock bag clearly labeled with their first and last name.

BY AIR: MEDICATION EXCEPTIONS

If your child is traveling by air and has APPROVED Medication Exception Medications including short term prescriptions, or emergency medications that must accompany your child while traveling to camp, please notify us at nurse@Lwcfgwc.com. We will email you confirmation of receipt.

Please place your child's medication and form in a zip lock bag clearly labeled with their first and last name. They will turn it in to their chaperone.

NEVER send medications or food with your camper or in their luggage for them to take in their cabin. This is for the safety of ALL CAMPERS. You may be held liable if injury occurs.



HOW WE DISTRIBUTE MEDICATIONS

Our scheduled medication administration times at camp are at Breakfast, Lunch, and Dinner, typically at the dining hall, and at Bedtime after the evening program in their campus areas.

If your child needs a medication at a specific time, outside of these administration times, they will need to come to the Health Center with a counselor. Please prepare your child for this.

If your child receives Injections or participates in Food Allergy Therapy (OIT/TIP/SLIT) please [click here](#) for more information those specific policies.

AS NEEDED "PRN" MEDICATIONS

As needed medications that you have ordered for your child through Medicine Tree Pharmacy will be distributed only if your child goes to the Health Center and requests them and is determined medically necessary based on a nurse exam.

If your child takes Dramamine or an equivalent of your choice as needed for car sickness, we will administer it before your child gets on a bus for a field trip and/or the bus ride home.

SECURE STORAGE

Michigan state law requires that all medications be stored in the Health Center securely in a locked room or cabinet to prevent access from non-authorized users. Medications are brought out only for medication passes to be administered.

EMERGENCY MEDICATION EXCEPTION

If your child takes a LIFE SAVING emergency medication please see the "Emergency Medication Policy" for more information.

PRESCRIPTION WORDING

When requesting prescriptions for camp, you must have your physician write them for administration that aligns with our camp administration times (i.e. Breakfast, Lunch, Dinner, Bedtime), and not use wording such as "daily," "BID," "nightly," etc. **This clarifies language and helps ensure alignment between physicians, parents, the pharmacy and camp.**

If it is MEDICALLY NECESSARY to dispense your child's medications outside of these four administration times, your physician must write a specific time on the prescription for Medicine Tree Pharmacy. Please take into consideration [our daily schedule](#) when discussing times with your physician. If you have questions, please email nurse@Lwcgwc.com. The nurse may make adjustments at their discretion.

We recommend you have your physician write their prescription for allergy, asthma, vitamins, supplements, digestive, acne or other medications not needing a specific time of day to be timed for lunch or dinner while at camp.

- Medications scheduled for twice a day should be written for Breakfast and Dinner.
- Bedtime medications should be limited to injection medications, sleeping aids, and enuresis medications.

You are responsible for ensuring that your child's prescriptions are written correctly by the physician.



OVER-THE-COUNTER MEDICATIONS

Our Health Center stocks common over-the-counter (OTC) medications that can be given as needed should an illness or injury arise for your child while at camp. We stock children's dosages as well as multiple medication forms (pills, chewables, liquids, etc.) and use generics when available.

Please DO NOT send with your camper or order these from Medicine Tree Pharmacy, unless prescribed by your physician or your child regularly takes them more than twice a week.

If your child needs a specific OTC medication (i.e. gluten free, dye free, a specific brand, etc), please arrange with your physician and Medicine Tree Pharmacy directly so they can be prescribed, ordered, and packaged in time for your child to have available at camp. Any unused medications will be sent home at the end of session.

If there is a medication you do not approve for your camper, outside of an allergy, please notify us at nurse@Lwcgwc.com. This list is subject to change based on need and availability.

HEALTH CENTER OVER-THE-COUNTER MEDICATION LIST (SUBJECT TO AVAILABILITY)

FEVER / PAIN REDUCERS

- Ibuprofen (Motrin, Advil)
- Acetaminophen (Tylenol)

MOTION SICKNESS

- Dramamine

EYES

- Eye Lubricant refresh drops
- Saline drops
- Clear Eyes
- Hayfever Relief

EARS

- Wax dissolving Drops
- Swimmer's Ear Drops

STOMACH

- Calcium Carbonate (TUMS)
- Miralax
- Dairy Aid (Lactaid)
- Loperamide (Imodium)
- Colace
- Dulcolax
- Senna-S
- Anti-nausea (Ondansetron)
- Mylanta
- Famotidine (Pepcid)
- Pepto-Bismol
- Polyethylene Glycol (ClearLax)

SKIN

- Aloe Gel
- Burn Gel/Spray
- Lotrimin
- Clotrimazole
- Tolfinate
- Lidocaine / Benzocaine
- Hibiclens antiseptic skin cleanser
- Neosporin
- Bacitracin
- Diphenhydramine itch relief cream/spray
- Bactroban
- Hydrocortisone
- Calamine
- Petroleum Jelly
- Gold Bond Foot Powder
- A&D Ointment
- Zinc Oxide
- Wart Remover
- Newskin Liquid Bandage
- Ivy-rid

FEMANINE

- Monistat Cream
 - AZO
- (parent/guardian would be contacted before administration to child under 18)

ALLERGY - COUGH - COLD - SINUS

- Allergy Medications including:
 - Cetirizine (Zyrtec)
 - Loratadine (Alavert / Claritin)
 - Diphenhydramine (Benadryl)
 - Fexofenadine (Allegra)
- Nasal Saline
- Chloraseptic throat spray
- Vicks VapoRub
- Cough Drops
- Cough and Cold Medications containing ingredients including:
 - Guaifenesin
 - Phenylephrine
 - Dextromethorphan
 - Doxylamine Succinate
 - Brompheniramine
 - Honey
 - Pseudoephedrine
 - Triprolidine

PAIN RELIEF

- Midol
- Epsom salt (soak)
- Lidocaine patch
- Voltaren gel
- Swimmers ear drops
- Orajel
- Dental Wax
- Muscle Pain Relief



EMERGENCY MEDICATION POLICY

You **MUST** upload a Medication Exception Form by June 1st for all emergency medications.

EPINEPHRINE

If your child has food or other allergies that require epinephrine you must:

1. Have your physician complete and sign a current year Emergency Care Plan, such as the one available on FARE's website at <https://www.foodallergy.org/living-food-allergy/food-allergy-essentials/food-allergy-anaphylaxis-emergency-care-plan>.
2. Upload this form to CampInTouch by June 1st.
3. We REQUIRE you send two doses of epinephrine (two pens/auto-injectors/nasal sprays).

RESCUE INHALER

If your child has asthma or other breathing concerns that require a rescue inhaler you must:

1. Have your physician complete and sign a current year Asthma Action Plan, such as the one available on the Asthma and Allergy Foundation's website at <https://aafa.org/asthma/asthma-treatment/asthma-treatment-action-plan/>.
2. Upload this form to CampInTouch by June 1st.

SELF CARRY

If your child takes a LIFE SAVING emergency medication that your doctor has determined they must "self carry," you must submit a written and signed statement from their physician. We will allow campers to carry epinephrine, rescue inhalers (pro-air, albuterol, ventolin), and glucagon.

- These medications MUST be in their original packaging with the pharmacy label attached.
- These medications MUST NOT be expired.
- These medications MUST be checked in and verified by the Health Center staff.
- These medications may not be left alone in the cabin and must be with your child at all times. We recommend you send a fanny pack or some type of bag for them to carry their medications and emergency action plan in.
- Camp is not responsible for the condition of self carry medications that are lost or become ineffective related to the heat and camp environment.
- We strongly recommend that you send or order a second set of medication to be kept in the Health Center in case of loss or an emergency and to send on trips as a backup in case it is left at camp by mistake.

EMERGENCY MEDICATION EXCEPTIONS

Emergency Medications can be ordered through Medicine Tree Pharmacy, mailed to camp with the Medication Exception Form, sent to camp with the camper, or a combination of the three.

- We recommend sending all Medication Exceptions to camp so we can check and verify them prior to your child's arrival, so if there are any issues, there is time to correct it. Also, so we know we have one on hand to pack for trips or if an allergic reaction should happen we have immediate access.
- Campers should travel to camp with their Emergency Medications in case they need them en route to camp. These must be turned in to the medical table, verified, and will be given to camp staff on the appropriate bus in case your child has an emergency.
- We find it best to send a set ahead of time with the Medication Exception Form and have your second set travel with your camper.
 - If your physician would like to approve them to self carry, then one set can become the set they carry and the Health Center has a backup to pack for trips or if they misplace theirs.



COMMUNICATION POLICY

PARENTS CAN EXPECT TO BE CONTACTED BY THE HEALTH CENTER IF:

- Your child spends the night in the Health Center.
- Your child needs to see an outside provider.
- Your child has a medical emergency.

PARENTS SHOULD NOT EXPECT A CALL:

- If your child goes to the Health Center and is treated for a minor illness or injury.
- For general updates on how your child is doing at camp, how Food Allergy Therapy or Injections went "that day," etc.

Just like a doctor's office at home, our Health Center has "office hours." We call this "sick call" at camp. This is when campers can be seen by our nursing staff if it is not an emergency. Of course, our nursing staff are always on-site and available if a camper needs to be seen immediately.

Please remind your child to tell an adult if they are not feeling well. Reassure them that it is our job to help keep them happy AND healthy during their time at camp.

If you need to speak to a member of our healthcare team while your child is at camp, you must call our main office at 269-423-3091.

If you need to speak to a nurse and your child is not yet at camp, please email our nurses at nurse@Lwgcgwc.com and they will contact you at their earliest convenience.



MENTAL, EMOTIONAL & SOCIAL HEALTH

While the camp experience is therapeutic in nature, Lake of the Woods & Greenwood Camps are not therapeutic programs. We train our staff to help foster social skills, relationships and personal growth. It is important for families to have realistic expectations in terms of the support we are able to provide.

We do not have social workers or therapists on-site. Our staff can assist with scheduling calls/Zooms with your child's provider to ensure support and continuity of care during their time at camp.

Please call our main office at 847-242-0009 prior to May 15th or 269-423-3091 after May 26th to schedule calls with your child's mental health provider, or to discuss any significant changes in your child's health & well-being.



OTHER CONSIDERATIONS

NEBULIZER MACHINES

The Health Center has nebulizer machines available for your child's prescribed medication to be administered. You must supply the tubing, mask and mouthpieces.

YOU MUST STILL HAVE THE MEDICATION PRESCRIBED THROUGH MEDICINE TREE PHARMACY.

Camp will not administer routine nebulizer treatments. Treatments will be administered if camp Health Center staff determine it is necessary by exam and can be safely administered.

MELATONIN

Due to new guidance and adverse findings regarding melatonin use in children, we will NOT administer melatonin to any campers without a **prescription** from their doctor. Melatonin MUST be ordered through Medicine Tree Pharmacy. This is commonly sent as a gummy in a baggy inside a camper's belongings for a camper to self administer without notifying camp. It will be removed, will not be administered and you will be fined per our medication policies. You may be held liable for any medication injury to another camper.

"MEDICATION VACATIONS"

Campers should continue to take the same schedule of medications they take during the school year while at camp. It is discouraged by the American Pediatric Association for children to take a medication vacation while at summer camp. The American Academy of Pediatrics (AAP), the Alliance for Camp Health (ACH), and Lake of the Woods and Greenwoods Camps strongly believe that campers should NOT take "medication vacations" while at camp.

MEDICATION CHANGES

All medication administration changes or dose changes will be made only under the written direction by a physician. A physician signed note or new prescription are acceptable.

ALLERGIES AT CAMP

Environmental allergies at camp can cause some campers who do not normally take allergy medications to need to take something daily. If you know your child will need to take a daily allergy medication, you must have a prescription sent to Medicine Tree Pharmacy. Do not send allergy medication in your child's bag for them "just in case." The Health Center has allergy medication available. If they will need to take it daily, you may then order with Medicine Tree Pharmacy with a physician prescription.

DENTAL & ORTHODONTIC CARE

We recommend that all campers visit their orthodontist and their dentist before coming to camp. The orthodontists we work with in Michigan are not willing to do major repairs. They will do what they can to make sure your child is comfortable until they return home and see their personal orthodontist. Parents will be billed for any charges for orthodontic and dental visits.

TRIPS OUT OF CAMP

All daily/scheduled medications, as needed medications, Emergency Medications, diabetic supplies and any Emergency Care Plans, Asthma Action Plans and Diabetic Care Plans will be packed and sent with your child. Food Allergy Therapy and non-emergent injection administrations will be rescheduled, if necessary. The Trip Leader will be responsible for administering all medications.

TICK AND MOSQUITO

Teach your child the importance of wearing bug spray to help prevent tick and mosquito bites. The CDC recommends using EPA-registered insect repellents that contain DEET. Sunscreens should be applied before insect repellents when being used.

We partner with Ivy Oaks Analytics, a public health company that specializes in the control of ticks, mosquitoes and poison ivy at large campgrounds, parks, and summer camps and are one of the few camps nationally to hold an Advanced Public Health Standards Certification by implementing this program.



LICE POLICY

Unfortunately for us, head lice do not take summer vacations! Incidences of head lice increase during the summer months when kids spend time in close proximity to each other, like at camp.

We have found that most cases of head lice are brought to camp from home. Upon staff and camper arrivals to camp, and when anyone leaves camp for a period of time and returns, our Health Center staff will perform a Health Screening that includes checking for head lice. We also do a mid-season check for all 4-week campers and a last check for all campers in the final days before returning home. Early detection is key to starting treatment as soon as possible and preventing a breakout at camp.

FAMILIES CAN HELP PREVENT LICE BEFORE CAMP

Lice have a lifespan of three to four weeks. Lice eggs take about six to nine days to hatch. Baby lice (nymphs) grow to adult lice in about seven days and lay about eight eggs a day. It is important to identify and treat lice thoroughly and completely to prevent the spread to others.

Starting 4 weeks before your child's camp session, begin checking your child for lice and recheck weekly.

If your child has had lice **within one month** of your child's camp session, you **MUST** inform us by email at nurse@lwcgwc.com. We will keep this information confidential.

Informing us enables us to periodically check your child privately and discreetly, and treat them again if needed before it is spread to others.

Please help us keep everyone healthy by doing your pre-camp lice checks, completing any needed treatments and communicating with our Health Center staff. It will be key in preventing an outbreak at camp. For more information on lice, please visit www.headlice.org