

March 29, 2024

Dear Camp Ramah families,

With camp around the corner, we want to share instructions on ordering and packing medications for your camper this summer. **To best ensure that camper medications are processed in a timely and safe manner, we ask that you read through this entire document so that you fully understand the process.** Additionally, there is a diagram at the end of this letter that illustrates how to register and deliver all medications.

For campers in California AND Arizona (except those with Kaiser insurance):

1. Complete the **Medication Administration Information** in the Forms and Document section of your [CampInTouch Portal](#).
2. Sign up with Wellspring Pharmacy (<http://www.wellspringrx.com>) and follow the instructions on the website.
3. Click on **My Kid's Camp Meds** and then **Register for Camp Ramah Here**.
4. We recommend reading the FAQs before completing the registration form.

Please note that your camper's physician must submit prescriptions for each medication your camper will take, including daily over-the-counter medications. Please ensure your camper's physician has the information [this link](#) provides for submitting prescriptions to Wellspring. Every family is responsible for checking in with Wellspring to ensure their camper's physician has sent in the prescription.

Wellspring will work with your insurance and ship the medications directly to camp.

5. Please note the due dates for registration:
 - o For campers attending **Session 1 / Geshet Aleph: May 29th**
 - o For campers attending **Geshet Bet: June 12th**
 - o For campers attending **Session 2 / Geshet Gimel: June 27th**
 - o For campers attending **Geshet Dalet: July 10th**

Campers with Kaiser Insurance or those who live outside California and Arizona:

1. Complete the **Medication Administration Information** in the **Forms and Document** section of your [CampInTouch Portal](#).
2. Purchase **these blister packs** (monthly-extra large).
3. Please either [read the directions](#) for this system or [watch our video](#) of the assembling process (or both!)
4. Medication should be mailed to camp by:
 - o For campers attending **Session 1 / Geshet Aleph: June 10th**
 - o For campers attending **Geshet Bet: June 24th**
 - o For campers attending **Session 2 / Geshet Gimel: July 8th**
 - o For campers attending **Geshet Dalet: July 22nd**

Please address the medications as follows:

Camp Ramah in California Attn: Health Center (Gesher Aleph\Bet\Gimmel\Dalet\ Session 1\Session 2 385 Fairview Road Ojai, CA 93023

Epinephrine Auto-injector

If your child requires an epinephrine auto-injector (e.g., EpiPen) for any allergy (i.e.: nuts, foods, bees, insects, medication, etc.) please ensure that your camper brings two epinephrine auto-injectors to camp. Auto-injectors will be kept in the *Marp* (health center) and, depending on the nature and severity of the allergy, may be kept in a bunk/tent.

Other Medications

- If your camper uses medication such as an inhaler, growth hormone, oral contraceptive pills, nasal sprays, eye drops, creams, laxatives, etc., please follow step 7b of the blister pack directions.
- PLEASE NOTE: If the medication (such as oral contraceptive pills) is already in a blister pack, **please keep it in its original packaging**.

General Information

- Any unused medication will be returned to the camper upon departure from camp at the end of their session.
- Please be sure that your camper's medications are either sent through Wellspring Pharmacy or packed in blister packs; **do not send oral medications in their original bottles**. Please note that any medications not properly packaged in blister packs will result in a \$175 medication processing fee.
- Finally, please note that all medications will be kept in the *Marp* and distributed by our nursing staff. According to the American Camp Association (ACA) guidelines, and for the safety of our camp community, **no medications (including prescription, over-the-counter medications, and vitamins) will be stored in the bunks or tents**. (Some inhalers, creams, nasal sprays, and epinephrine autoinjectors may be approved based on certain criteria.)

Thank you for your partnership in this process. Please do not hesitate to reach out with any questions.

Sincerely,
Dr. Andrea Kasowitz, Marp Director
andrea@ramah.org

CAMP MEDICATION INFORMATION



California & Arizona
(Non-Kaiser insurance)

Outside California & Arizona
or Kaiser Insurance

Daily Prescribed Oral Medications

Register & order from:



Daily Prescribed Oral Medications

Blister pack medications,
then label and mail to
camp

Over the Counter Oral Medications

Taken daily

↓
Register &
order from:



Taken as
needed

↓
Meds will be
provided from
camp stock*

Over the Counter Oral Medications

Taken daily

↓
Blister pack
medications, then
label and mail to
camp

Taken as
needed

↓
Meds will be
provided from
camp stock*

All campers regardless of location

Creams, Nasal Sprays,
Inhalers, Eye Drops, Oral
Contraceptive Pills,
Injectable Meds

Label & send with
child to camp

Epinephrine Auto-injectors
(e.g. EpiPen)

Label & send 2
autoinjectors with child to
camp

Meds Stocked in our Health Center

Acetaminophen (e.g. Tylenol), Ibuprofen (e.g. Advil/Motrin),
Naproxen (e.g. Aleve), Antihistamines (e.g. Claritin, Zyrtec),
Lactase (e.g. Lactaid), Diphenhydramine (e.g. Benadryl),
Antidiarrheal Medications, Laxatives (e.g. Miralax), and others

Important Reminders

- To be administered, all medications must be listed on the camper's online health forms
- All medications brought with campers will be delivered to the marp (health center) upon arrival to camp
- Please check with Wellspring to ensure your camper's prescriptions have been sent in

Please email andrea@ramah.org with any questions

