

**Camp
Androscoggin**

**2015
Parent
Handbook**

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Please pay particular attention to the sections **highlighted in bold**.

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CAMP DATES

Opening Date	Thursday, June 25th
Closing Date	Saturday, August 15th
Visiting Dates	Friday July 24th or Saturday, July 25th
Father-Son Weekend	Saturday - Monday, August 15th – 17th

CONTACT INFORMATION

Website: www.campandro.com

Email: info@campandro.com

WINTER ADDRESS

Camp Androscoggin
601 West Street
Harrison, NY 10528
Phone: 914-835-5800
Fax: 914-777-2718

SUMMER ADDRESS—JUNE 10 TO AUGUST 25

Camp Androscoggin
126 Leadbetter Road
Wayne, ME 04284
Phone: 207-685-4441
Fax: 207-685-4391

FORM CHECKLIST

Transportation to Camp	April 10
Camp Trucking	May 1
Registration with CampMeds	May 25
Duffel Form	June 1
Medical Form	June 5
Duffel Shipment	June 10
13 & 14 Year Old Trips	July 1
Visiting Day	July 1
Father-Son	August 1

CLOTHING AND EQUIPMENT

UNIFORM

The Camp Spot is our official camp outfitter. In addition to their road show and showroom in Livingston, New Jersey, you can order online at www.thecampspot.com. We encourage you to place your order soon, if you haven't already, and in any event, by the end of April.

Required Uniform – Each camper should have 8 Androscoggin t-shirts, 6 shorts, 1 sweatshirt and 1 fleece. The grey shirts for Juniors and the white shirts for Seniors are available in 100% cotton and Under Armour versions; at least one must be the Under Armour style. There are several styles of shorts and sweatshirts and 2 types of fleece pullovers to choose from. All other Androscoggin logo'd items included in the catalog are optional.

Non-uniform Clothing - Campers are allowed to wear non-uniform sweat-pants and baseball caps. Campers should also bring one or two non-uniform shirts and shorts for Thursday night cook-outs and Sunday night buffets and for other special events. As for footwear, each boy should have 2 pairs of sneakers, one pair of cleats and one pair of water shoes. While sandals are fine for the Andro campus, boys must also have Teva-type water shoes for their trips and for boating activities on our lake.

Additional clothing and equipment for trips – The day and overnight trips are one of the highlights of the summer, and it is important that each camper has the appropriate items. In addition to the small duffel, each boy should have a day pack, water bottle and sleeping bag. We suggest a mummy style sleeping bag with compression bag and a day pack with features comparable to the Under Armour pack pictured in the catalog. Your son will get plenty of use from both over the course of his Andro trip career.

As for clothing, each boy needs an Under Armour t-shirt, long sleeve fleece, rain jacket and pair of water shoes. While hiking boots are not required, boys are welcome to bring a pair.

DUFFELS

Your son will need 2 duffels. The soft trunk in the catalog is a great item to transport gear to and from camp. We suggest that the second duffel be a smaller style such as the tripping bag pictured. A soft trunk and a small duffel

will be more than adequate to accommodate all your son's clothing and equipment, and the duffel can be used for his overnight trips.

EQUIPMENT & BEDDING

We ask each camper to bring a tennis racquet, baseball glove and shin guards. Your son will also need three blankets and a pillow. We provide towels daily and sheets and pillowcases weekly, so it is not necessary to send any towels or linens.

NAME TAGS

It is important that your son have all the articles indicated on the required uniform list and that every article of clothing is clearly and permanently marked with his name. Please re-check each piece of clothing before packing. Also, remember to mark all of your son's equipment -- baseball glove, tennis racquet, flashlight, etc. As you can imagine, many boys come to camp with the same equipment, and clear, permanent markings make identification a lot easier.

ADDITIONAL ITEMS

We ask you to keep in mind the limited amount of storage space available in the bunk when you consider packing any additional items not found on the list. This is especially important for younger campers. With their counselor's assistance, the boys are responsible for keeping track of their possessions and keeping them organized, a task made more difficult as the number of possessions grows.

CELL PHONES AND ELECTRONIC DEVICES

Campers are only allowed to bring electronic devices to listen to music. Any devices with video, email, text or internet capability are not allowed, including **iTouches, iPads, PSPs, DSs, DVD players and video cameras. Because of their additional capabilities, Kindles are no longer allowed.**

Recognizing that iPods no longer come without video capability, **video iPods will be allowed, BUT only if all videos are deleted prior to camp.** Digital cameras are allowed but cannot be used inside the bunks. If a digital camera also has video capability, the video feature cannot be used during the summer.

Additionally, **cell phones are NOT allowed**. If your son is traveling to and from camp by plane and you want him to travel with his phone, he must turn it in to the office upon his arrival.

We appreciate your respect for these policies and ask that you discuss them with your son prior to camp.

OTHER RESTRICTED ITEMS

In addition, we do not allow fireworks, knives, whether fishing or jack knife, or water guns or balloons. Although a water pistol might seem like a harmless item, its use on the bunkline only leads to horseplay and accidents.

TRAVEL DAY

When packing your son's duffels, please remember to keep out camp clothes for the trip to Wayne. If he is carrying a bag or pack, also remember to label it as well as the items inside.

BAGGAGE

Your son's duffels can be shipped by UPS, FedEx or Parcel Post. We will, once again, be working with The Mailing Center, a UPS Store in Augusta, to handle the processing and billing of all UPS shipping at the end of the season. They are also available to handle the shipment of duffels to camp and can be reached at 207-621-0234 or online at www.mailingctr.com.

Camp Trucking is also an option. www.camptrucking.com If you decide to use Camp Trucking, please return their form directly to them. Camp Trucking will provide you with shipping labels and will contact you directly about a pick up date.

Please complete the form indicating the shipper you plan to use by June 1st. Regardless, please ship the duffels by **June 10th**.

We suggest you use a plastic fastener for each duffel, which, based on our experience, should be sufficient. We will also fasten all duffels being shipped home at the end of the summer. If you feel it is necessary to lock the duffels, please use combination locks and email us the combinations right after the duffels are shipped.

TRAVEL TO CAMP

Thursday, June 25th

Campers from the New York area will travel by bus from Westchester. Boys from the Boston area will again meet the bus in Lexington. Both groups will arrive at camp in the middle of the afternoon and have plenty of time to get settled and relax before dinner. Boys flying into Boston will take a bus from the airport. All buses are air-conditioned and have toilet facilities, and we'll provide lunches for all the groups. The boys flying into Portland will take vans to camp and should arrive in Wayne about the same time.

Please complete the form indicating your son's travel plans to and from camp and return it **by April 10th**. We will send out a final confirmation regarding travel in early June.

NEW YORK BUS

The departure site is the parking lot of the Kohl's Shopping Center, 431 Boston Post Road, Port Chester, NY. It is near the intersection of the New England Thruway (I-95) and the Cross Westchester Expressway (287) on Route 1.

Boys will be assigned to buses by age groups. Please check in with our staff when you arrive to find out which bus your son is on. In order to ensure an **8:00 departure**, you should arrive at 7:30. We will load all the boys at 7:45. Please finish your goodbyes before your son boards. Parents will not be permitted on the buses. We greatly appreciate your cooperation on this point. Lunches will be provided.

We will also have a departure location in Westport, Connecticut. The Westport pick-up is at the McDonalds/Rest Area at Exit 22 on I-95 Northbound at 8:30.

BOSTON BUS

Our pick-up location is the McDonalds/Rest Area parking lot on 128 North / I-95 North in Lexington. Please arrive at 11:00, so that we can load the bus at 11:15 and be on the road at 11:30. Lunches will be provided.

DROP OFF AT CAMP

We ask those families who are dropping their sons off to arrive at noon.

PLANE TRAVEL TO CAMP

To help ensure smooth travel days for all, we ask you to arrange for flights within the following times:

Arrivals on June 25th: Logan—Between 10:00 AM & 12:00 PM
Portland—Between 11:00 AM & 1:00 PM

Departures on August 15th: Logan—After 11:00 AM
Portland—Between 11:00 AM & 1:00 PM

Please be in touch before you make reservations if these times do not work for you.

With the exception of campers on our group flights, it's important that campers be registered as unaccompanied minors. This will ensure that an airline representative will remain with your son until he is met at the arrival gate by our staff. We will provide the name of the counselor who is assigned to meet your son's flight in our final pre-camp mailing in early June.

On travel day, we suggest you request a gate pass upon arrival at the ticket counter. With a gate pass, a parent will be able to accompany their child to the gate and remain with him until boarding.

Finally, it is important that campers travel in their Androscoggin uniform. Additionally, we request that boys do not check any luggage and only travel with one carry-on bag. Items such as baseball bats, lacrosse sticks and larger duffels most likely will not be permitted on the plane.

DIRECTIONS TO NEW YORK / WESTCHESTER BUS

Kohl's Shopping Center
431 Boston Post Road
Port Chester, NY

From Points North and West

Take I-287 East to the US-1 N exit (Exit 11) toward Port Chester/Rye
Take sharp left onto Boston Post Road/US-1
Turn right into Kohl's shopping center parking lot

From Points South

Take Hutchinson River Parkway North
Take Exit 26E toward I-287 E / Rye
Merge onto I-287 E / Cross Westchester Expressway via the ramp on the left
toward Rye
Take the US-1 exit (Exit 11) toward Port Chester / Rye
Take sharp left onto Boston Post Road / US-1
Turn right into Kohl's shopping center parking lot

From Connecticut

Take I-95 South toward NY City
Take exit for I-287 West
Take the US-1 N exit
Turn right onto Boston Post Road / US-1
Turn right into Kohl's shopping center parking lot

DRIVING DIRECTIONS TO CAMP

Directions From New York:

1. Take 95 North to New Haven
2. 91 North to Hartford to 84 East
3. 84 East to Mass. Pike East
4. 1 Exit (10 miles) on Mass. Pike East to Auburn & 290 East to 495 North
5. 495 North to 95 North
6. Continue on 95 North through New Hampshire and into Maine
7. Take 95 North to Augusta – Exit 109 ***
8. Follow Route 202 West to Winthrop to Route 133
9. Route 133 to Wayne
10. Go through the town of Wayne and bear left just before the Corner Store
11. Take first left which will take you right to camp

Directions From Boston:

1. Take 128 North to 95 North
2. Continue from # 6 of NY directions

Directions From Portland:

1. Start with #7 of NY directions

***** Alternate route through Auburn**

1. 95 North to Auburn - Exit 75 - to Route 4 North
2. Route 4 North to Route 117
3. Right onto Route 117 to Route 219
4. Right onto Route 219 to Route 133
5. Right onto Route 133
6. In 100 yards, take right at the Corner Store
7. Take first left which will take you right to camp

SUMMER COMMUNICATIONS

LETTERS

Your son will be writing home twice a week unless he is off on a trip. We suggest that parents of younger boys prepare stamped, addressed envelopes to ensure you get the letters your son writes.

Your son is as anxious to receive mail as you are. Please make sure he receives a letter soon after he arrives at camp, especially if this is his first summer with us. We'll be in touch right after opening day with the name of your son's bunk and ask that you write it on the envelope of all your letters from then on.

SUMMER WEB SITE

Recognizing that your son's correspondence might not be very informative, we will try to fill in some of the blanks on our summer web site. You'll find a link to the password protected summer site in the parent section. The first batch of 2015 content – bunk photos and rosters and candid photos from the first few days – will be posted by July 1st.

You can also use the summer site to send your son emails. We will print them out each morning and distribute them after lunch with the snail mail. Due to the large number of emails we receive daily, we ask that you only give this information to members of your family.

PHONE CALLS

We believe that phone calls are not advisable in the first 10 days of camp. Of course, feel free to check in with us during this time and throughout the summer to talk about your son's progress. Once we do open up the phone lines, campers can receive or make up to one call per week. Our one restriction is that we will not take a boy away from a scheduled activity.

The best times to speak to your son are his free choice time right before lunch (12:00 – 12:30) or dinner (4:45 – 5:30). Another good time is right after lunch or dinner is finished (1:15 and 6:15). While we recognize meal-time is a convenient time to reach your son, we suggest you avoid calling during meals if at all possible. While your sons are excited to speak with

you, they return to the table after their conversation to find that everyone has already finished eating.

Phone Appointments — Starting Tuesday, June 30th, the office will be ready to schedule appointments for your son's 1st call. The easiest times to get through are during the morning or afternoon activities (9:15-12:00 and 2:45-4:45). The first day calls will be allowed for returning campers is Friday, July 3rd. For first-year campers, the first day will be Tuesday, July 7th.

We appreciate that the demand will be high for calls the first few days, and while we will do our best to be accommodating, we ask in advance for your understanding and patience.

Thereafter, please call the office the day before you'd like to speak to your son. We can confirm that he is on campus and arrange a convenient time for him to call you back.

CHANGE OF ADDRESS AND SUMMER ITINERARIES

Please complete the form regarding any summer change of address. Also, indicate if it is a weekend address or one where you can be reached throughout the summer. Furthermore, if you plan to take a trip during the summer, please indicate that on the form as well and provide an itinerary or forward us a copy before your departure.

HEALTH INFORMATION

Each camper must have a physical before he leaves for camp. Please make sure that your son's MMR vaccine is current. In addition to his physician, your son should visit his dentist and orthodontist, if applicable, before camp starts.

WE MUST RECEIVE YOUR SON'S MEDICAL FORM AT OUR HARRISON ADDRESS BY JUNE 5TH.

Please remember to sign the release on the bottom of the first page of the form. Only with your signature are we authorized to provide routine health care, administer medications, order X-rays and secure proper treatment. While we will always attempt to notify you before your son leaves camp for any necessary treatment, it is very important that we have the signed authorization just in case you cannot be reached. In addition, you can expect a phone call if your son ever has to spend the night in the infirmary.

In addition to noting your insurance information on the form, please attach a copy of both sides of your son's insurance card.

Pre-Camp Lice Checks: We again ask for your assistance to avoid a potentially summer-long problem. As you are well aware, treatment for lice is tedious and time consuming, both for your child and our health care staff. It's very important that you check your son periodically in the weeks before camp and one last time on the day before camp starts — **and only send your son to camp if he is lice free.**

MEDICATION

This summer, we will, once again, use **CampMeds** to administer our pre-packaged medication program. Working with CampMeds will help ensure that we dispense the proper medications at the correct time of day and that all medications arrive at camp prior to the start of the season.

If your son will be taking ANY medication on a regular basis, this medication MUST be packaged by CampMeds' licensed pharmacy.

This includes:

- All prescription medication your son takes on a daily or “as needed” basis - whether in pill or liquid form, nose sprays, eye or ear drops, inhalers, creams or ointments.
- Non prescription OTC items such as allergy medication or vitamins your son takes daily.

The only exceptions are: Accutane, growth hormone and injections.

Our infirmary stocks most over the counter items such as Tylenol, Advil, Claritin, Zyrtec, Benadryl and Lactaid, so there is no need to have CampMeds dispense these items **unless** your son will need to take them daily.

Medications that are in pill form are individually packaged and sealed according to date and time of administration. Each individual packet may contain one or more pills prescribed to be given at the same time. The packets are labeled and placed on a dispensing roll in chronological order and are easily portable for day and overnight trips.

CampMeds' pharmacy will bill the cost of prescription medications through your insurance carrier. They will charge a one-time registration fee which covers the cost of packaging and shipping of all your son's medications directly to camp.

If your son will be taking medication at camp this summer, please read the detailed letter and important FAQs, prepared by CampMeds, on pages 15-17. You can also visit their website, www.campmeds.com, for additional information and registration. Please be sure to **register by May 25th**.

Since injectables, such as epi-pens and allergy shots, and Accutane are **not** included in the CampMeds service, these should be provided by you and sent directly to camp. Please mark the envelope “Attention: Infirmary” and include complete instructions for its administration. Also, remember that any enclosed instructions for the administration of medication cannot differ from the pharmacist’s directions. Our medical staff cannot deviate from these instructions unless we have written permission to do so from the camper’s physician.

Medication which must be refrigerated — If your son has allergy serum or any other medication which must be refrigerated, please note on the medical form whether your son will be traveling to camp with his medication or you will be sending it directly to camp by an overnight service. If the latter, please contact the infirmary on the day of the shipment to notify them of its anticipated arrival.

For Campers who bring an epi-pen or inhaler to camp:

The State of Maine allows campers who are at risk of asthmatic attacks or severe allergic reactions and come to camp with an epi-pen or inhaler to self-administer their emergency medication.

As has always been the case, campers who bring such medication to camp may keep it in the infirmary to be administered under the supervision of our medical staff. If, however, you want to permit your child to carry and self-administer his inhaler or Epi-Pen, you and your child’s doctor need to complete the authorization forms.

This form only applies to campers who have a prescription for an inhaler or epi-pen for emergency purposes. It is not intended for Tylenol, Advil, Benadryl or any other medication we stock in the infirmary.

Regardless of whether you choose to sign the form, we ask you to send **a second inhaler or epi-pen** so we always have a spare in the infirmary.

Dear Camp Parents,

This summer Camp Androscoggin will continue to work with **CampMeds Inc**, a pre-packaged medication program to dispense and package ALL of your child's medication for camp. Camp families are **required** to register with **CampMeds** if your child takes medicine while at camp. All pills will be dispensed and individually packaged in sealed packets labeled with your child's name, medicine, dosage, date and time to be given. Our system ensures that each camper receives their correct medicine at the right time of day. All medication will be shipped to camp prior to your child's arrival.

The **CampMeds** affiliated pharmacy will dispense all prescription and non-prescription meds taken daily or as needed. This includes all pills, liquids, inhalers, drops, creams and vitamins.

What you need to do:

1. Register on www.CampMeds.com (you may register prior to obtaining prescriptions)
2. Note the Camper ID # you will receive when you complete the online registration and print your receipt.
3. Obtain original prescriptions written for 30 day increments. If your child attends camp over 30 days, Rx's must have a refill.
4. **For Controlled Substances only:** If your child is staying longer than 30 days, law requires a new Rx for each 30 day supply. Two separate 30 day Rx's are required for Controlled Substances. Send all prescriptions together. We must receive the **original** Rx. Please provide your physician with the Physician Instructions located in the About Us Tab on the website.
5. Prescriptions are filled as written. It is your responsibility to confirm the correct medication, dose and exactly how and when your child takes the medication is prescribed.
6. Write Camper ID # on top corner of prescriptions. ***Do not send us medication, only the written RX.**
7. Non-prescription meds/vitamins; physician's authorization or written directions by parent required.
8. Include a copy of both sides of your insurance/prescription card.
9. Mail prescriptions, registration receipt and copy of insurance card directly to:
CampMeds PO Box 267037, Ft. Lauderdale, FL 33326-7037

Fees: There is a one-time registration fee for the entire summer which will be charged to your credit card immediately upon registration. ****Fees are per camper, not RX, and do not include the cost of medicine.**

- **Fee for campers attending up to 30 days of camp is \$50 including shipping**
- **Fee for campers attending over 30 days of camp is \$60 including shipping**
- **NON-PILL MEDS ONLY** (liquids, inhalers etc) a one- time \$30 per camper will be charged instead of above packaging fee.

Deadlines: 30 Days Prior to Your Camper Start Date

A \$25 late fee will be charged to your credit card if any of the items above are received after deadlines.

Please be aware that your credit card will be charged any additional shipping cost for medication prescribed after your child's initial medication and/or refills have been sent to camp.

Email Notification: You are notified by email when **CampMeds** receives your online registration, when your prescriptions are received and when meds are sent to camp. Contact us if you do not receive a confirming email within one week of sending prescriptions.

Insurance/Prescription Meds: The **CampMeds** pharmacy partner accepts most insurance plans. They will verify your insurance upon registration and submit to your plan once camp begins. You are responsible for all co-payments, deductibles, meds and written prescriptions not covered by your insurance. * If the pharmacy is not a provider for your insurance, we will notify you to arrange alternative plans. All med charges will appear on your credit card statement from the Pharmacy usually after your child returns home.

OTC Items and Meds Not Covered by Insurance: Will be charged to your credit card by the Pharmacy.

Please refer to our website www.CampMeds.com for registration and important details. For questions contact **CampMeds** at 954-577-0025 or info@CampMeds.com. **Please review the following important FAQ's.**

CampMeds FREQUENTLY ASKED QUESTIONS

1. **Exactly which medications am I required to have *CampMeds* dispense?**

- All prescription and non-prescription meds and vitamins (taken daily and "as needed")
- Except the following: Accutane, insulin, growth hormone injections, birth control pills and as needed Lactaid
- Most camps stock drugs such as Tylenol, Advil, Benadryl, etc; you do not need to have **CampMeds** dispense those typical items if they are only taken "as needed". Check with your camp to confirm the OTC meds they stock
- If your camper takes herbal/specialty vitamins, please contact **CampMeds** to determine if they can be packaged

2. **How can I be sure the meds will be packaged exactly the way my child takes them?**

It is your responsibility to check that the written prescription is written correctly. If the med is to be taken daily, the prescription should be written for every day with the time of day, such as morning, with lunch, etc. If the med is to be given at bedtime, the prescription must specify. **If a prescription is written as "once a day" with no specific time, the medication will be packaged for the morning.** If the med is taken only "as needed" (PRN), the prescription must be written to specify only "as needed".

3. **Do I need to register my child again if I registered last summer?**

Yes, you need to register for this summer and your child will be assigned a new Camper ID.

4. **How can I ensure the meds will be covered by the *CampMeds* Pharmacy Partner?**

Be sure the prescriptions we are filling are written exactly the way your child has always taken the medication. Review the RX with your physician before sending to CampMeds. If a new medication OR dose is prescribed, contact your prescription plan to confirm the med and dose is covered for a 30 day supply.

5. **Will the pharmacy accept my insurance?**

Our pharmacy partner is contracted with most insurance plans however, until you submit your online registration form with complete insurance information, your plan cannot be verified for billing. We will contact you if the pharmacy is not on your plan. You will not be required to participate in the **CampMeds** program if your insurance will not pay for medicine dispensed by our pharmacy. It is **CampMeds** responsibility to verify the pharmacy is a provider for your insurance plan. You will be responsible for co-pays, deductibles, written prescriptions and any over-the-counter requests not covered by insurance. If you have an insurance change, please fax the updated insurance card to CampMeds in order to avoid the credit card charges for the full cost of medication. All credit card charges from the pharmacy will appear as a separate charge **after** your child returns from camp.

6. **Will my co-pay be the same from the *CampMeds* pharmacy?**

Our pharmacy partner will confirm that they are a participating provider for your insurance plan once you have registered at www.campmeds.com. This will ensure that your co-pays should be the same as you pay at your local pharmacy, but there are some insurance plans that do charge higher co-pay depending on which pharmacy fills the meds. Be sure to contact your plan to confirm your co-pays via the **CampMeds** Pharmacy. You will be notified if we are NOT a provider for your plan. Since we will NOT submit to your insurance until your child arrives at camp (a courtesy that enables refills prior to camp if needed), there is no way for the pharmacy to determine in advance if the medication your child will be prescribed and/or the dose that is prescribed, will be covered by your insurance, or if a prior authorization from the physician will be required for a particular medication prescribed. **It is your responsibility to contact your insurance to confirm all medication and dosages will be covered.** Please keep in mind that insurance plans change frequently, so it is a good idea to contact your prescription processor prior to mailing your child's prescriptions to **CampMeds**.

7. **What if I use a mail order pharmacy or have a 90-day prescription plan?**

Usually our pharmacy can only dispense a 30-day supply of meds. You will be responsible for 30 day co-pay determined by your insurance plan. After registering with **CampMeds**, **we ask that you contact your member services to confirm the following:**

- Your RX plan is NOT mandatory mail order for the meds we will dispense
- Your Rx plan does not have any limitation on how many times you are allowed to fill outside your mail order plan
- What your 30 day co-pays will be for the meds
- We ask that you request a Vacation Override from your insurance company so our pharmacy can get paid when they submit to your insurance on the day camp begins. The camp start date will be the submitted fill date
- You will then need to ask your physician to write a 30 day prescription to send to us. (with refill if applicable)
- You will need to avoid refilling the med within 60 days of the camp start date, or you can request only the number of days needed until the start date of camp since that will be the date we will submit to your insurance. This will enable the pharmacy to process the medication thru your insurance when camp begins
- If your plan does not allow you to get 30 day prescription filled with our pharmacy, please email **CampMeds**

- 8. What if my child's medication needs to be refilled while at camp?**
Medication prescribed for "daily" use is automatically refilled by our pharmacy and sent to camp for campers attending over 30 days. Prescriptions must be written with refills. (Except for Controlled Substances which require two separate 30 day Rx's) **PLEASE NOTE:** Refills will be billed 30 days after the initial billing. Do NOT refill your child's medicine while at camp. This will cause your insurance to reject our pharmacy claim submitted for your child's medication, and you will be charged full price for meds dispensed. Once your camper finishes any unused meds brought home from camp, along with any meds left at home prior to camp, you may then refill your child's medication. You will fall right back in to your refill cycle!
- 9. How are "as needed" medicines packaged?**
CampMeds will pre-package "as needed" (PRN) medicine separately from daily meds. Your child will go to the nurse for these medications when he/she needs them and they will be refilled only if necessary. The camp nurse will contact **CampMeds** if a PRN med needs to be refilled. Unused meds will be sent home at the end of camp.
- 10. What if I need to fill a prescription for my child before camp starts?**
You may refill your child's medication anytime before camp, if necessary. The pharmacy will not bill your insurance until camp begins, but, in order to help ensure that medications for camp will be covered by your plan, please request only the amount of medication needed at home before camp begins. The other option is to have your insurance put in an "override" for the CampMeds pharmacy for the start date of camp which is when the claim will be submitted to your insurance.
- 11. I can only refill my child's medicine when he is down to his last pill. How can the pharmacy send the meds to camp before a refill is due?**
The pharmacy will dispense the meds and send to camp prior to your child's arrival, but will not submit to your insurance until the day your child begins camp. If necessary, the pharmacy will resubmit the claim form on the appropriate date for reimbursement if a vacation override is not given for the camp start date.
- 12. Why don't you dispense meds for the exact days of camp, rather than in 30 day increments?**
Most insurance plans only reimburse for 30 days of meds/month, and you the insured, pay co-pay for each 30 day supply. When the Rx is written for less than a 30 day supply, your co-pay will cost the same as a 30 day supply. Refills should also be for the full 30 day supply, as unused meds are sent home from camp.
- 13. Will non-prescriptions cost the same as I pay at my pharmacy?**
The pharmacy is competitive in pricing but there is no way to know if you will pay a few dollars more or less.
- 14. Can a half of a pill be packaged? YES**
- 15. My child takes a different dose of the same pill every other day. Can it be packaged that way? YES**
- 16. Will the pharmacy dispense generic or brand?**
Unless the prescription is written with the words "**Brand Name Necessary,**" the pharmacy will dispense generic. It is your responsibility to confirm the prescription is written correctly.
- 17. What if my child takes a "Controlled Substance" such as Concerta or Adderall?**
An original prescription is required. For campers staying more than 30 days, an additional prescription for a 30 day supply of meds is required. It is against the law for a "**controlled substance**" to be refilled. **Please send a separate prescription for every 30 day supply.** All prescriptions for the child's camp stay should be received by **CampMeds** at the same time. You may explain that we can accept two separate 30 day prescriptions written for the same date, but they will only be dispensed one month at a time. The physician may also write both prescriptions each with a different date. Please visit our website at www.campmeds.com for a detailed letter you may give your physician on controlled substance prescriptions to be dispensed by the **CampMeds** pharmacy.
- 18. What if my child is placed on a prescription or non-prescription daily medication after the deadline date to register and submit prescriptions has passed?**
CampMeds will always accommodate all campers at anytime. You may be asked to send your child with a small supply of meds as back up and the \$25 late fee will apply.
- 19. What if my child requires a new medication while at camp?**
Our pharmacy will always send out any additional medication and/or dose change. You will be charged the shipping cost for any med change or if additional meds are ordered and sent to camp after your initial medication and/or refills have been sent
- 20. When will the pharmacy charge me for my camper's medications?**
Since our pharmacy partner will not submit to your insurance until camp begins, you may not receive a charge on your credit card until two months after your camper returns home. Please notify us of any credit card changes during the summer.

RESTRICTIONS

While we do not have many restrictions at camp, we feel very strongly about those we do have and ask for your cooperation. Please review the **list of prohibited items included on pages 4 and 5** in the clothing and equipment section.

Packages — We do not limit the number or size of packages. We do, however, ask you to consider the limited storage space in the bunk and the amount of possessions your son can reasonably expect to keep track of. We also ask that you give some thought to whether your son really needs all of the things you might consider sending.

No Food — While packages are allowed, they cannot contain **ANY** food, gum or candy.

Lastly, tipping of staff is not permitted.

We ask that you respect these few rules and advise your relatives and friends of these policies.

EXTRA SPENDING MONEY

We'd like to offer some Andro definitions about spending money. Each time the boys go in to Wayne or on an age group trip, they receive an "allowance" we feel is appropriate for their age and the excursion, whether for candy and soda when they go to town or ice cream at the end of a day at the beach.

Any spending money above and beyond these allowances that you'd like your son to have is called "valuables". Each camper is given an envelope in the office, and we ask boys to bring any valuables they have to the office for safekeeping. Campers can then withdraw their money from their valuables account whenever they are going out of camp. While we will offer advice if asked, it is up to the camper to decide how much he would like to withdraw on each occasion and to exercise judgment about his budget for the summer. If you have any questions or would like our suggestions about amounts, feel free to call.

VISITING DAY INFORMATION

Friday, July 24th

Or

Saturday, July 25th

We would appreciate your completion and return of the Visiting Day form by **July 1st**, so we know what day you'll be with us. Please plan to visit on only one day unless there are brothers at camp. Also indicate where you'll be staying.

FATHER-SON WEEKEND

You have under **August 1st** to complete the form for Father-Son Weekend. It's a great way to wrap up the summer.

PERMISSION FOR 13 & 14 YEAR-OLD TRIPS

We ask families of 13 year olds, who will be white water rafting on the Kennebec River, and 14 year olds who will be visiting Montreal to complete the permission slips by **July 1st**.

For the Montreal trip, to ensure smooth border crossings we'll need identification for your son. Either his passport or an original Certified Copy of his birth certificate, which can be obtained from his city/town of birth, is acceptable. A photocopy of his passport or birth certificate is not sufficient.

LIST OF ACCOMMODATIONS

<u>Town</u>	<u>Distance from Camp</u>	<u>Name</u>	<u>Phone Number</u>
Winthrop	5 miles	Maple Tree Bed & Breakfast	207-377-5787
Monmouth	10 miles	Rise & Shine B&B	207-933-9876
Kents Hill	10 miles	Home-Nest Farm	207-897-4125
Augusta	20 miles	Senator Inn	207-622-5804
		Quality Inn & Suites - Evergreen Hotel	207-622-3776
		Best Western Plus Civic Center Inn	207-622-4751
		Comfort Inn Civic Center	207-623-1000
		Fairfield Inn & Suites	207-623-2200
		Hampton Inn	207-622-4077
Hallowell	20 miles	Maple Hill Farm	207-622-2708 or 800-622-2708
Auburn	25 miles	The Munroe Inn B&B	207-376-3266
		Hilton Garden Inn	877-782-9444 or 207-784-4433
		Residence Inn	207-777-3400
		Americas Best Value Inn	207-784-1331
		Fireside Inn & Suites	207-777-1777
		EconoLodge	877-424-6423 or 207-784-1331
Lewiston	25 miles	Ramada Inn	207-784-2331
		Ware Street Inn	207-783-8171
Belgrade Lakes	25 miles	Taconnet on Great Pond	207-397-2351
		Wings Hill Inn	207-495-2400
Freeport	40 miles	Freeport Inn	207-865-3106
		Isaac Randall House	207-865-9295
		Harraseeket Inn	207-865-9377
		EconoLodge Coastline Inn	207-865-3777
		Hampton Inn	207-865-1400
		Hilton Garden Inn	877-782-9444 or 207-865-1433
		Comfort Suites The Village Inn	207-865-9300 800-998-3649 or 207-865-3236

Boothbay Harbor	40 miles	Fisherman's Wharf Brown's Motel Spruce Point Inn Resort & Spa	207-633-5090 207-633-5440 207-633-4152
Brunswick	45 miles	Brunswick Inn Bed & Breakfast Best Western Plus Brunswick Bath Days Inn	207-729-4914 866-539-8430 or 207-725-5251 207-725-8883
Harrison	45 miles	Greenwood Manor Inn	866-583-4445 or 207-583-4445
Portland	50 miles	Wyndham Portland Airport Hotel Hilton Garden Inn (Airport) Hilton Garden Inn (Downtown Waterfront) Portland Harbor Hotel Marriott at Sable Oaks Susse Chalet Inn Howard Johnson (Main St) Howard Johnson (Riverside St) Holiday Inn Fireside Inn & Suites Holiday Inn By the Bay Holiday Inn Express (Airport) LaQuinta Inn & Suites Embassy Suites Comfort Inn Marriott Fairfield Inn Regency Hotel & Spa Marriott Residence Inn	207-775-6161 or 877-999-3223 877-782-9444 or 207-828-1117 877-782-9444 or 207-780-0780 888-798-9090 207-871-8000 207-774-6101 207-775-5343 207-774-5861 207-774-5601 207-775-2311 or 800-Holiday 888-465-4329 207-871-0611 207-775-2200 or 800-Embassy 207-775-0409 or 800-228-5150 207-883-0300 or 800-228-2800 207-774-4200 207-883-0400
So. Portland	50 miles	Double Tree Hotel	207-774-5611
Bethel	50 miles	Bethel Inn & Country Club	207-824-2175
So. Casco	50 miles	Migis Lodge	207-655-4524
Center Lovell	50 miles	Quisisana Lodge Pleasant Point Inn Center Lovell Inn	207-925-3500 207-925-3008 207-925-1575