



Personal Rotary Youth Development Experience
Thousand Pines Camp, Crestline, California

What to bring to camp:

Sleeping bag and/or Blanket

- _ Pillow
- _ Paper, pen, markers
- _ Camera
- _ Flashlight
- _ Toothbrush and toothpaste
- _ Hand Sanitizer
- _ Towels, washcloth, soap, deodorant
- _ Comb/brush
- _ Medications, glasses
- _ Sunglasses
- _ Lip balm
- _ Hand lotion
- _ Cap/knit hat
- _ Gloves
- _ Non-slip shoes
- _ Extra socks
- _ Jacket/coat
- _ Warm weather clothing
- _ Cold weather clothing

Note for Parents and Students:

A Sleeping Bag or warm blankets are a must. Other essentials include personal toiletry items, flashlight, towel, gym shoes, socks, underwear, pants and one warm jacket. PRYDE will provide you a backpack and a warm PRYDE sweatshirt that *MUST* be worn the entire camp – no need to pack a lot of extra clothes. ***EACH STUDENT IS LIMITED TO ONE SMALL SUITCASE/DUFFEL BAG & SLEEPING BAG DUE TO LIMITED BUS SPACE.*** Attach an identification tag to your bag with your name, telephone number and bus stop number. Student must be able to carry these items on their own.



MEDICATION GUIDELINES

- 1. All medications must be put in a ziplock bag with the campers name on it. This bag should be delivered to the camp nurse upon arrival at camp.**
- 2. All medications must be in their original bottles with the medication name and strength.**
- 3. Prescription medications must have the original patient label on them.**
- 4. All medications must have the camper's name on them.**
- 5. All prescription medications must have the dose (preferably in milligrams but milliliters or puffs may be appropriate for some medications).**
- 6. All prescription medications must have the dosing interval, e.g. twice a day, every 8 hours, three times a day before meals, once a day before bed, etc.**
- 7. If a medication is given only as needed, the reason for giving it must be included, e.g. for seizures. If a camper has a sliding scale for insulin, the scale must be included with the insulin.**
- 8. All medications must be labeled with the total amount in the bottle, e.g. 6 pills, 50mL, etc.**
- 9. Any medications that require additional delivery devices, such as needles and syringes, nebulizer machine, spacer, etc., must have those devices (properly labeled) along with the medications.**
- 10. Medications that are not completely labeled cannot be administered for safety and liability reasons.**