

April 4, 2023

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.

**Campers in California AND Arizona (except those with Kaiser insurance)**

- Complete the **Medication Administration Information** in the Forms and Document section of your CampInTouch Portal.
- Sign up with Wellspring Pharmacy (<http://www.wellspringrx.com/>) and follow the instructions on the website.
- Click on “**My Kid’s Camp Meds**” and then “**Register for Camp Ramah Here**”.
- We recommend reading the FAQs before completing the registration form.
- **Please note that your camper’s physician will need to submit prescriptions for each medication your camper will take, including daily over-the-counter medications. Please be sure that your camper’s physician has the information this link provides on how to submit 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.
- Please complete the form by **May 25th** for campers attending Session 1\Gesher Aleph\Bet
- **June 22nd** is the deadline for campers attending Session 2\Gesher Gimmel\Dalet.

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

- Complete the **Medication Administration Information** in the **Forms and Document** section of your [CampInTouch Portal](#).
- Purchase these blister packs (monthly-extra large).
- Please either read the directions for this system or watch our video of the assembling process (or both!)
- Medication should be mailed to camp by **6/5/23** if your child is attending Session 1\Gesher Aleph\Bet or **7/3/23** if your child is attending Session 2\Gesher Gimmel\Dalet. This allows our nursing staff to check the packaging, verify the medications, and contact parents or doctors with any questions.
- 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 you have a medication such as inhalers, 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.
- If your camper takes a medication that is not mentioned here or if you have any questions, please contact Dr. Andrea Kasowitz.

### **General Information**

- Any medication not used will be returned to the camper upon their departure from camp at the end of their session.
- As a reminder, 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. For the safety of our camp community, **no medications (including over-the-counter medications and vitamins) will be kept in the bunks or tents**, unless approved by our staff. Inhalers and nasal sprays may be approved based on camper age.

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

Sincerely,

Dr. Andrea Kasowitz  
Marp Director, Camp Ramah in California  
andrea@ramah.org

# CAMP MEDICATION INFORMATION



## California & Arizona (Non-Kaiser insurance)

### Daily Prescribed Oral Medications

Blister pack medications,  
then label and mail to  
camp

### 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\*

## Outside California & Arizona or Kaiser Insurance

### Daily Prescribed Oral Medications

Register & order from:



### Over the Counter Oral Medications

Taken daily



Register &  
order from:



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),  
Lactose (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](mailto:andrea@ramah.org) with any questions

