

Important Information about Camp Medications

Dear Parents,

Changes in Alabama law have affected the way we are able to give over-the-counter medications to your child at camp. In the past, with a parent's permission, we could use our camp supply of medications to give a camper a Tylenol for a headache, or apply Neosporin to a scraped knee. We can no longer do that.

These changes mean that each camper has to bring his or her own supply of medicines. Headaches, stuffy noses, and any other symptoms can be treated only with medications that you send. So if you don't send the medicine, we cannot treat your child.

We've compiled a list of suggested over-the-counter medications to send that should cover most aches, pains and ailments. Please send them in their original, labeled containers – no pill boxes or dose organizers. Small containers are preferred!

If you have more than one child attending camp, each one needs his or her own supply.

Prescription medications will be handled in the same way. If your child uses an inhaler, or Epi-Pen, please send an extra in case these get misplaced at camp.

We still need your permission to administer all these medications, so be sure to complete and sign the medical forms.

Thanks for your help and understanding!

The FC Camp Nurses

Recommended Medications to Send to Camp

Please choose one or more items from each category.

Choose what you have used in the past or what works best for your child.

Type of Medication		Brand Name or * = generic name	How Supplied				
			Tablet/Pill	Chewable tablets	Liquid	Other	Other
Fever/Pain	Choose one	Advil	✓	✓	✓		
		Motrin	✓	✓	✓		
		*Ibuprofen	✓	✓	✓		
		Tylenol	✓	✓	✓		
		*Acetaminophen	✓	✓	✓		
		Aleve	✓				
		*Naproxen sodium	✓				
Antihistamine – relieves itchy, runny nose, helps reduce reaction to stings, bites	Choose one or more	Benadryl	✓	✓	✓	Prefilled single use spoonfuls (12.5 mg)	Quick dissolve strips (25 mg)
		*Diphenhydramine	✓	✓	✓		Triaminic Thin Strips or Theraflu Thin Strips Multi Symptom Reditabs
		Claritin or Alavert	✓	✓	✓		
		*Loratadine	✓	✓	✓		
Decongestant - clears stuffy nose, sinus	Choose one	Sudafed	✓	✓	✓		
		*Pseudoephedrine HCl	✓	✓	✓		
		Sudafed PE	✓	✓	✓		
		*Phenylephrine HCl	✓	✓	✓		
Cough Suppressant helps with persistent annoying cough	Choose one or more	Robitussin DM	Robitussin CoughGels		✓		
		Delsym			✓		
		*Dextromethorphan			✓		Theraflu Cough Thin Strips
Expectorant - loosens thick mucous	Choose one	Robitussin			✓		
		Mucinex	✓		✓	Mini-Melts	
		*Guaifenesin			✓		

Type of Medication		Brand Name or * = generic name	How Supplied				
			Tablet/Pill	Chewable tablets	Liquid	Other	Other
Antibiotic Ointment – for cuts, scrapes	<i>Choose one</i>	Neosporin				Tube	Single dose packs
		*Triple Antibiotic Ointment				Tube	
Hydrocortizone Cream – for bites, itches, rashes	<i>Choose one</i>	Cortizone 10				Tube	
		*Hydrocortisone Cream 1.0%				Tube	
Gastrointestinal Remedies – for upset stomach	<i>Choose one or more</i>	Tums/Roloids		✓			
		Mylanta		✓	✓		
		Maalox		✓	✓		
		Pepcid AC (for ages 12 + only)	✓				
Other/Optional		Cough Drops – most contain menthol				Lozenges	
		Sore throat lozenges (Cepacol/ Chloraseptic)				Lozenges	
		Gold Bond powder – for chafing				powder	
		Calamine Lotion – for rashes, itching				liquid in bottle	