

## **Camp Achieve Camper Information Packet**



### **Included:**

- Sample Daily Menu**
- Camper Rules**
- Camper Packing List**
- Medical Registration & Medication Packing Instructions**

SAMPLE MENU \_\_\_\_Camp Achieve

BREAKFAST MENU

**Breakfast Basics Everyday:**

Orange Juice	Toast/Butter
Apple Juice	Yogurt
Hot Cereal	Coffee, Tea, Milk
Cold Cereal	Water

Sunday, August 18 (Staff & Counselors Only (50))

Add FRIED EGGS & ENGLISH MUFFINS & BREAKFAST MEAT

Monday, August 19 (Full complement (100))

Add FRENCH TOAST STICKS & SYRUP & BREAKFAST MEAT

Tuesday, August 20 (100)

Add SCRABBLE EGGS & BREAKFAST MEAT

Wednesday, August 21 (100)

Add PANCAKES & SYRUP & BREAKFAST MEAT

Thursday, August 22 (100)

Add BREAKFAST BURRITOS

Friday, August 23\* (100)

Add FRENCH TOAST STICKS & SYRUP & BREAKFAST MEAT

\*(Will also need coffee, tea & Danish/Bagels/Muffins for 9am in Globe–

Parent's Workshop)

**LUNCH MENU**

Salad Bar Basics everyday for BOTH lunch & dinner (AS MANY AS POSSIBLE)

Peanut Butter & Jelly		
White Bread & Butter		
Lettuce	Celery	Beets
Carrots	Baby Corn	Seeds
Tomatoes	Chick Peas	Diced Eggs
Cucumbers	3 Bean Salad	Croutons
Green Peppers	Pasta Salad	Pickles
Radishes	Tuna Salad	Bacon Bits
Pea Pods	Cottage Cheese	ASSORTED DRESSINGS

Sunday, August 18- GREEK

PIZZA

CARROT & CELERY STICKS

GREEK SALAD – lettuce with feta cheese

Coffee, Tea, Milk, water, Sugarless drink

Dessert

Monday, August 19 – CHINA

Stir Fry and Fried rice

Condiments: Ketchup, Mustard, Relish

Coffee, tea, milk, water, sugarless drink

Dessert

Tuesday, August 20

GRILLED CHEESE (with & without tomato)

TOMATO SOUP

Baked Potatoes with all the fixing

CORN COBBETS

Desert

Wednesday, August 21

CHICKEN NUGGETS

SWEET POTATO FRENCH FRIES

VEGGIE

PUDDING (chocolate & vanilla)

Thursday, August 22

STEAK SANDWICH

CURLEY FRIES

VEGGIES

## DINNER MENU

Salad Bar Basics everyday for BOTH lunch & dinner (AS MANY AS POSSIBLE)

Peanut Butter & Jelly

White Bread & Butter

Lettuce

Carrots

Tomatoes

Cucumbers

Green Peppers

Radishes

Pea Pods

Celery

Baby Corn

Chick Peas

3 Bean Salad

Pasta Salad

Tuna Salad

Cottage Cheese ASSORTED DRESSINGS

Beets

Seeds

Diced Eggs

Croutons

Pickles

Bacon Bits

Saturday, August 17

Dinner

Sunday, August 18 – MEXICAN NIGHT - FIESTA

TACOS or FAJITAS

hard & soft shells, Lettuce, Tomatoes, Onion, cheese, salsa

Meat filling

Bean filling

Spanish Rice

Salad in a bowl & assorted dressings

Monday, August 19 – USA  
ROAST TURKEY  
MASHED POTATOES  
PEAS  
Rolls & Butter  
APPLE CAKE

Tuesday, August 20- ITALIAN  
Veggie & meat lasagna  
GARLIC BREAD  
MIXED VEGGIES  
Dessert

NOTE: Popcorn and Lemonade will be served in the GLOBE at 7pm for Movie Night.

Wednesday, August 21 - Outside White House  
BBQ CHICKEN  
MAC & CHEESE  
STRING BEANS  
SALAD IN A BOWL – assorted dressings  
Rolls & Butter  
watermelon

Note: Please keep BBQ Pit going so the campers can do ‘SMORES.  
We can use your counselors to help them out.

Thursday, August 22 Outside White House - GERMAN  
Brats and sauerkraut, Hamburgers & Hotdogs (lettuce, tomato, onion)  
Chips  
Cole Slaw  
Baked Beans

NOTE: Later in the evening we will need ice cream & toppings (around 7-7:30 time frame in the Globe).

VEGETARIAN – you pick where needed.

DRINKS FOR LUNCH & DINNER: Water, coffee, tea, milk, NO BUG JUICE.

WHITE HOUSE should have a bowl of whole fruit daily; replenish as needed.

SNACK TIME between 3 and 4pm in the Canteen.

## CAMP ACHIEVE CAMPER RULES

*Parent/Guardian and Camper please keep this copy.*

1. All campers must be able to perform **ALL** ADL (activities of daily living, i.e. - dressing, eating, bathing and walking) **INDEPENDENTLY**.
2. If camper is not performing activities of daily living independently, parent or guardian will be notified and camper will be asked to leave camp. Camp Achieve is not equipped for one-on-one supervision.
3. Appropriate behavior is expected of all campers. No hitting, spitting, etc. First warning by counselor, second warning by EFEP staff, third warning, parent or guardian will be called and camper will be asked to leave.
4. **All campers *must* be accompanied by a counselor, EFEP staff member or buddy when leaving any activity, or going anywhere on campus.**
5. Campers are permitted to decline participation in any activity, but must stay with their group. When leaving an activity they ***must*** be with a counselor.
6. All campers ***MUST*** sleep on lower level of bunk beds.
7. Swimming, boating, water activities and climbing wall are allowed **UNLESS stated on forms by physician, parent or guardian.**
8. **Individuals attending the camp may not swim, boat or participate in water activities alone or unattended. Swimming, boating and water activities are allowed only under the trained supervision of the camp lifeguards and EFEP staff or volunteers. No swimming, boating or water activities without Camp Green Lane lifeguards.**
9. Lifeguards are placed at the pool to supervise the campers. Campers are not to distract the lifeguards by talking to them. To be most effective, lifeguards need to be free from distraction.
10. **Anyone who violates any of the above rules will be asked to leave camp.**
11. The use of cell phones will ***not*** be permitted. If there is a true necessity, the camper will be allowed to use the staff phones.
12. Chewing gum is **NOT** permitted on Camp Green Lane premises!!
13. Snacks will be available throughout the day. No extra food or snacks are allowed in the bunks.

## CAMP ACHIEVE PACKING CHECKLIST

### Medication:

- Medication schedule
- Supply of medication for 9 DAYS ( 6 camp days + 3 additional days) in case of emergency
- **Supply of emergency seizure medications (Diasat, Klonopin wafer, etc)**
- Supply of other PRN medications ( Tylenol, Advil, etc)
- Bring all medications in original bottles / containers with name, dosage, and times.
- Pill organizer with child's name on it. Medical Staff will transfer the medicine from bottles/ containers into pill organizer.
- Any over-the-counter medications (Advil, Motrin, Tylenol, etc.) must also be brought to camp in the original bottles/containers and given to the nurse at check-in.
- EPI-pen and nebulizer if your child needs one.

### General:

- \_\_\_ sleeping bag and/or blankets & sheets (cot size) (at least 2 sets if child is incontinent)
- \_\_\_ pillow
- \_\_\_ flashlight
- \_\_\_ **WATER BOTTLE – LABELED WITH NAME ON IT!!**
- \_\_\_ sunglasses (sunglass strap)
- \_\_\_ goggles (for swimming/water activities)
- \_\_\_ hat or visor
- \_\_\_ bag for dirty laundry

### Toiletries:

- \_\_\_ shower caddy
- \_\_\_ shower sandals
- \_\_\_ shampoo/conditioner
- \_\_\_ soap/soap dish
- \_\_\_ toothbrush and toothpaste
- \_\_\_ comb and/or brush
- \_\_\_ deodorant
- \_\_\_ contacts/contact solution (extra lenses)
- \_\_\_ feminine products
- \_\_\_ eye glasses/ eye glasses case
- \_\_\_ washcloth and bath towels (at least 2)
- \_\_\_ beach towel (at least 2)
- \_\_\_ insect repellent
- \_\_\_ sunscreen (sun is strong)
- \_\_\_ aloe (for sunburn relief)
- \_\_\_ lip balm with SPF

### Clothing (for 7 full days):

**\*please write or sew child's name into all items\*Epilepsy Foundation & Camp Green Lane are not responsible for lost items\***

- \_\_\_ underwear
- \_\_\_ socks
- \_\_\_ t-shirts
- \_\_\_ shorts
- \_\_\_ long pants
- \_\_\_ sweatshirt/sweatpants **\* it does get cold at night \***
- \_\_\_ pajamas/sleeping attire
- \_\_\_ sneakers or other closed toe shoes **\*bring more than one pair of shoes\***  
appropriate for wall climb, gaga, other sports...

- \_\_\_ swimsuit (plastic bag suggested for wet items)
- \_\_\_ lightweight jacket
- \_\_\_ raincoat or poncho (NO umbrellas)

**Camp Extras (Optional):**

- \_\_\_ tennis racquet if you have one
- \_\_\_ any necessary belongings for Talent Show

**Miscellaneous Suggestions:**

- \_\_\_ camera (label it in case it is misplaced)
- \_\_\_ small games (cards, board games, yoyo, etc ...)
- \_\_\_ extra blanket
- \_\_\_ small fan
- \_\_\_ extension cord
- \_\_\_ journal, pens, pencils, markers
- \_\_\_ book
- \_\_\_ flashlight

**PLEASE leave at home:**

ALL Electronics, lighters, aerosol cans, matches, any expensive items (i.e. jewelry), money, nail clipper, scissors

**\*Anything of special value that may get lost or broken, leave at home\***

**Cell Phones**

The use of cell phones will **NOT** be permitted. If there is a true necessity, the child will be allowed to use one of the staff phones.

**\*\*REMINDER:**

- Cabins are not air conditioned or heated. Plan for hot temperatures during the day and cold temperatures at night with a small fan and extension cord to plug in or extra blanket.
- Please mark all valuables (i.e. camera...).
- Please do not bring something if you are worried about losing it, breaking it, etc
- **Epilepsy Foundation & Camp Green Lane are not responsible for lost or left item**
- **Pets are not to be brought onto camp property. This is a policy set by Camp Green Lane.**

**CAMP ACHIEVE**  
**MEDICAL REGISTRATION & PACKING INSTRUCTIONS**

**Medical Registration Information-**

- On Sunday, there will be 5 health professionals to register everyone. You will be sent to register your camper with all his/her health information.
- All medication and medical information will be reviewed with a member of the medical staff. This will include all the information that you have completed on your child's health form along with the health form that your neurologist has sent EFEP.
- Please use this time to make us aware of any special needs that your child has, (particular way of taking medication, etc. food, sprinkles, etc.)
- **EVERY CAMPER IS REQUIRED TO BRING AN EMERGENCY SEIZURE MEDICATION TO CAMP ACHIEVE.**
- IT IS IMPORTANT THAT YOU MAKE US AWARE OF ANY MEDICATION CHANGES, RECENT HOSPITAL VISITS, or anything else that you think is valuable information for the health and wellbeing of your child for the week that they are at camp.
- Bring all medication with you, daily, seizure and other emergency meds. Also bring any PRN (as needed) such as Tylenol, Claritin, etc. ALL NEED TO BE LABELED WITH YOUR CHILD'S NAME.
- Pill organizers should not be filled. Camp medical staff will fill the pill organizer during camper registration.

**Medication Packing Instructions-**

Medication should be inside a large Ziploc baggie with your child's name on the *outside left hand corner*. The baggie should include:

- All medication in original bottles
- Pill organizers with camper's name
- 2 extra days' worth of all medication
- 2-3 emergency medications / or however much you think your child may need

**Medication Times-**

Medication will be given at breakfast and bedtime, and any other time prescribed by the camper's physician.



## **Medication Tips & Suggestions-**

It is one of our goals at Camp Achieve for to become responsible and take ownership for their epilepsy. For the most part, medication is a part of their daily routine and as part of that routine:

If your child does not already know the names and purpose of each of their medication, we will begin to teach them and it is our hope that you will follow through.

If they are old enough to come to camp, they are also old enough to begin to take their medication at home by themselves, with supervision. We suggest that they fill their pill organizer once a week, with your help, and put it in a common place (kitchen table) so that they remember it and you can check without asking if they took it.

Teens should be able to let you know when a prescription is ready to be filled or even call the pharmacy on their own.

One of our main goals at Camp Achieve is for each camper to realize that epilepsy does not define who they are; they are a person with epilepsy who has many different talents and qualities to their personalities. They can't come to this realization until they become independent and start to manage their epilepsy on their own, with your help.