

## **IMPORTANT HEALTH INFORMATION - 2026**

Silver Towers Camp is seeking to effectively provide optimal camping experience for the enjoyment of all campers. Acceptance of campers is based upon information provided by the individual, the care giver, and physician. All campers are expected to have self-care skills, including activities of daily living and the ability to independently participate in camping activities. Camp counselors will provide activities, guidance, support, and instructions for campers; however, staff members are not trained as medical personnel. Therefore, acceptance of the camper is conditional pending a brief evaluation by the Camp Nurse, Camp Director, and related staff upon arrival to assess:

- Medication – Multi-dose Bubble/Blister Packed
- Dietary needs – if gluten free you may provide specific food which will be kept in the kitchen
- Program readiness
- Current medical/mental health status
- All current Doctor's Orders or Prescriptions
- Copy of Insurance Card both Front and Back
- Copy of Immunizations for new campers

Campers manifesting any of the following can not and will not be permitted to the camp:

- Active cough
- Runny nose
- Contagious illness/disease
- Inappropriate social behaviors
- Head lice
- Athletes' foot
- Fever
- Open wounds/runny sores
- Recent Respiratory Illnesses such as Pneumonia and Bronchitis

Reminder for all campers: medications, over-the-counter drugs, and medical supplies will be stored and dispersed by the camp nurse. Additionally:

- **All medications must be bubble packed and they must have a list of each medication printed on the packaging.**
- **All over-the-counter supplies/medications must be labeled**
- **All belongings must be labeled with the camper's name.**
- **Campers may bring electronic devices however they will be their responsibility, and the camp will not be responsible for lost or stolen items.**
- **No cigarettes, lighters, matches, alcohol or drugs may be permitted at camp. This includes the counselors and staff.**
- **Over the counter drugs will NOT be allowed in the dorms and will be kept in the Infirmary.**

**Campers unable to meet all of the above criteria will not  
be admitted to the camp**

**CLOTHING AND EQUIPMENT LIST  
SILVER TOWERS CAMP 2026**

**Please send durable clothes and label all items with camper's name. This is a *minimum* list of items for one week of camp. Please pack enough clothing for your campers stay at camp!!!!**

\_\_\_\_\_ Sleeping bag with a twin sheet for the mattress or bedding for a twin bed (Sheets, blankets, pillows)

\_\_\_\_\_ **1 pillow and pillowcase (We do not provide pillows or pillowcases)**

\_\_\_\_\_ If camper has nighttime incontinence, please provide the necessary supplies including extra bedding and mattress protection pads

\_\_\_\_\_ Jeans/long pants, leggings (for cold days) **ENOUGH FOR TWO WEEKS**

\_\_\_\_\_ Shorts (for hot days) **ENOUGH FOR TWO WEEKS**

\_\_\_\_\_ Long and Short Sleeve Tee Shirts, Sweatshirts/Sweaters **ENOUGH FOR TWO WEEKS**

\_\_\_\_\_ 1 warm coat/heavy jacket and 1 Raincoat and Umbrella

\_\_\_\_\_ Socks **ENOUGH FOR TWO WEEKS**

\_\_\_\_\_ **Underwear and/or disposable undergarments ENOUGH FOR TWO WEEKS**

\_\_\_\_\_ Pajamas **ENOUGH FOR TWO WEEKS**

\_\_\_\_\_ 2 PAIRS OF Sneakers, Sandals

\_\_\_\_\_ HAT and SUNGLASSES

\_\_\_\_\_ 2-3 Bathing suits

\_\_\_\_\_ Towels/wash cloths, beach towels for pool, flip flops for shower

\_\_\_\_\_ Laundry bag

\_\_\_\_\_ **Reusable Water Bottle, labeled with camper's name**

\_\_\_\_\_ **Toothbrush, toothpaste, deodorant, soap, Shampoo, Hairbrush/Comb, sun screen, mosquito/bug repellent**

\_\_\_\_\_ **Males: RAZOR, shaving cream or electric razor. Females: Feminine HYGIENE PRODUCTS**

\_\_\_\_\_ **Addressed/stamped postcards or envelopes, paper, pen/pencil**

\_\_\_\_\_ **Optional: Personal Fan**

\_\_\_\_\_ **NOTE: Please leave money and valuables at home. If you and your camper choose to send electronics such as IPods, IPads, MP3 players, digital cameras, please know that they are your responsibility and the camp cannot be responsible if something happens to them.**

\_\_\_\_\_ **Please DO NOT send soda, candy or any junk food to camp with your camper!!!!!!!!!!**