



## Medication Instructions for Non-Canadian Residents

Please send all of your camper's medications in their original containers with the prescription labels clearly visible and written in English.

Organize all of your campers medications and supplements into zipped plastic bags (e.g., Ziploc bags) according to administration time (i.e., breakfast, lunch, afternoon snack, dinner, bedtime). Label each zipped plastic bag with your camper's name and the administration time.

Be sure to include enough medication for your camper's entire stay at camp.

All of the medications for each different administration time (i.e., breakfast, lunch, snack, dinner, bedtime) will be blister-packed together in one package, for the length of the camper's stay at Camp Kodiak (or one for the first four weeks and a second one for the last three weeks, for campers staying the full seven weeks). Therefore, if the camper takes a variety of medications and vitamins throughout the day, they will have a blister pack for each administration time (i.e., one for breakfast doses for the entire session, a separate one for lunch, and so on).

For example, a camper's MAR might look as follows:

Medication	Breakfast	Lunch	Snack	Dinner	Bedtime
Medication 1					
Medication 2					
Medication 3					
Vitamin 1					
Vitamin 2					
Vitamin 3					

This camper would have **2 separate** blister packs created:

- Breakfast** - containing Medication 1, Medication 2, Medication 3, Vitamin 1, Vitamin 2, and Vitamin 3 in each blister for each day of their camp session.
- Bedtime** - containing Medication 1 in each blister for each day of their camp session.

At Camp Kodiak, we have to do our blister-packing a bit differently than pharmacies typically do, to make sure all campers get their medication as prescribed, and there are no errors. Once your camper and their medication have arrived at camp, they will be packaged by our pharmacy. This includes all prescriptions, supplements and vitamins. Inhalers and liquid medication are excluded.

If you have any questions, please contact us at (905)569-7595.