

Dear Parent/Guardian,

It's already time to start planning for Camp Timberledge!

1. A Health History and Physical Examination is **mandatory** for your child to attend camp. So that you'll have plenty of time to gather the required information, the form is enclosed.
  - Complete the first 3 pages (Health History).
  - Complete the immunization section or attach a copy from your Physician, clinic or school nurse. Up to date immunizations are required.
  - Have your health care provider complete the physical exam on the last page. The physical must be done within 24 months of camp attendance.
  - Be sure that your health care provider lists all medications to be given at camp.
2. Also enclosed is an Over-the-Counter Medication Permission Form.
  - Please complete the top of the form and sign where indicated.
3. Bring both forms to registration.

Thanks for your assistance in providing a safe and healthy camping experience for your child. If you have any questions or concerns, please call Christy Davis, RN, at 570-698-7917.

See you at Camp Timberledge!

Sincerely,  
The Camp Timberledge Health Staff