

# PARENT LETTER



Dear Guardian,

McDowell Environmental Center's philosophy is to teach students in the great outdoors and give them a lifetime of memories and experience. Your child will be learning through hands-on environmental science classes, seeing nature up close in a 1,140-acre outdoor classroom. Our instructors have been trained in a child-centered, experiential approach to teaching and are passionate about sharing the natural world with students and adults. We would like to mention a few important items worth emphasizing about your child's upcoming visit to ensure their safety and comfort while away from home.

**Appropriate Clothing:** We offer hands-on science and team building classes, so we spend most of our time outdoors, even in the rain and cold. Please help your child be prepared with appropriate clothing, as indicated on the "Bring-Along List." In truly inclement weather, we have ample indoor teaching space.

**Student Health and Waiver Form:** We have a full time onsite RN here to help keep your child safe and healthy. For your child's well-being, please complete the online Health and Waiver Form once you receive the link from your teacher. Paper copies may be available from your teacher if preferred or needed. *Anyone without a completed form may not attend our program or participate.*

**Dietary Needs:** Our Kitchen Staff can accommodate a wide range of dietary needs and we are a nut free facility. Our food receives the highest reviews, however if your student has a special diet (i.e. vegetarian, vegan, gluten free, lactose free, etc.) please note it on their health form as indicated.

**Medications:** All medicines must be in their original containers. Please remember that you must provide any over-the-counter medicines you anticipate your child may need. Please ONLY send the amount needed for the trip.

*If your child requires an Epi-pen or other injection, please contact the Nurse at 205-387-1806 ext. 125 or [rn@campmcdowell.org](mailto:rn@campmcdowell.org).*

Your child's school teacher will send home all the information. The teachers from your school will select chaperones for the trip. If you have any questions regarding our program, staff, or facilities, please feel free to call us or [visit our website](#).

Meredith Donaldson (she/her), Director  
Kim Corson (she/her), Assistant Director

[pc@campmcdowell.org](mailto:pc@campmcdowell.org)  
205.387.1806 ext. 108

# PACKING LIST

Please carefully look over the following checklist and check each item as it is packed. When arriving at McDowell Environmental Center, participants should come prepared to spend the day outside.

Helpful hints for packing:

- Limit packing to one suitcase or duffel bag and a rolled up sleeping bag
- You will carry your belongings from the bus to your cabin
- Put your name on everything
- Bring OLD clothes and shoes as you may get wet and muddy
- Pack a raincoat or poncho (and warm clothes if applicable)
- Classes are held outdoors rain or shine

## REQUIRED

- 2 water bottles (20 oz or larger)
- raincoat or poncho
- 4 pairs of socks
- 2 pairs of closed-toe shoes**
- 3 pairs of underwear
- 3 shirts
- 2 pairs of long pants
- 3 pairs of shorts
- sweatshirt or fleece
- pajamas
- towel & wash cloth
- soap, toothbrush & other toiletries
- sleeping bag (or sheets & blankets - single bed)
- pillow
- sunscreen
- pen or pencil
- small backpack

## OPTIONAL

- hat & sunglasses
- flashlight & extra batteries
- camera
- souvenir money (gift shop only accepts **cash**)
- sandals for shower
- journal
- bug repellent (non-Deet **only**)
- chapstick

## COOL WEATHER ADDITIONS

Wool and synthetic clothing work best!

- warm knit hat
- warm gloves
- thick socks
- long underwear/thick tights
- heavy jacket

**DO NOT BRING:** food, gum, candy or knives

**ADDITIONAL:** Medications must be turned into the Nurse (in original container) in a bag with the *medication packing sheet* (see below)

# VERY IMPORTANT! Medicine Reminder

# PLEASE READ!

*for Parents*

- Medicines at McDowell Environmental Center are subject to the same rules as medicines brought to school for administration by the school nurse.
- Scheduled medicine times are: Before Breakfast, After Breakfast, After Lunch, Canteen, After Dinner and at Evening Snack.
- Prescription medicines **MUST** be in their original containers and have a label containing:
  - Student Name
  - Name of Prescription Drug
  - Strength of Prescription Drug
  - Administration directions (“give as directed” is **NOT** acceptable)
  - Parents must indicate what time medication is to be taken
- Please remember that parents **must provide any over-the-counter medicines** they anticipate their child may need.

*\*\*If your child requires an Epi-pen or other injection, please contact the Nurse at 205-387-1806 ext. 125 or rn@campmcdowell.org*

Stacey Glenn, R.N., Camp McDowell Nurse  
McDowell Environmental Center

## Medication Packing Sheet *for Parents*

Please place this sheet in a bag with your child’s medicine. All information must be completed by a parent or legal guardian. Please fill out the information for prescription and over the counter medicines.

Student’s Name: \_\_\_\_\_ School: \_\_\_\_\_

### **PRESCRIPTION MEDICATIONS:**

Circle the time(s) to administer this medicine to the child, choosing from the following:

**B\***= Before Breakfast, **B**= After Breakfast, **L**= After Lunch, **C**=Canteen (4PM), **D**= After Dinner, **HS**= At Bedtime

\*If a time is not selected, medicines will be given after breakfast.

Medication:	Dosage:	Reason:	Time Given: <b>B* B L C D HS</b>
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**OVER THE COUNTER (OTC) MEDICATIONS:** ALL OTC MEDICATIONS **MUST** BE PROVIDED BY PARENTS/LEGAL GUARDIANS OF THE STUDENT. Circle “As Needed Only”, if medication is not taken daily.

Medication:	Dosage:	Reason:	Time Given: <b>B* B L C D HS</b> <b>As Needed Only</b>
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