# Health, Allergy, and Dietary Needs

How to Register · https://northernfrontier.org/resources/health-allergy-and-dietary-needs/

## Health Care

Upon arrival, each camper will check in with the camp health professional. Any camper who arrives ill will be sent home after consulting with parents.

All medications must be given to the health professional upon admission. The exceptions are inhalers for asthma to other respiratory conditions and epi-pens for severe allergies.

All medications the health professional administers require a written order from your physician. This includes over-the-counter medications and vitamins.

All medications must be in the original bottle. Prescription medications must be in their original bottle with clearly labeled instructions (dosage, frequency, etc.) from your physician.

Our Health Hut stocks over-the-counter (OTC) medications anyone might need. Since all medications must be kept in the Health Hut, we request that you not send OTC medications to camp with your son. This includes non-prescription vitamins.

Should your son become ill or injured so that he must stay in the Health Hut overnight or see medical personnel outside of camp, you will be notified by phone as early as possible in the decision-making process.

## Food Allergies

If your son has a food allergy, carefully note the specifics on his medical form and the “A Note from the Parents” form. In addition, to ensure our food service staff can provide for his special needs, we request that you contact our Food Service Director well before your son arrives at camp to discuss his situation. Northern Frontier is not a diet-specialty camp, but we will work with you as much as possible to allow your son to come to camp.

## Dietary Concerns

Northern Frontier’s menu is reviewed and approved by a Licensed Nutritionist each year to ensure it provides for the camper’s complete physical needs. We serve three plentiful, well-balanced, kid-friendly meals each day. We also have fresh fruit available for snacks. Meals are served family style, and we expect that your son will be able to manage his own food choices. Any concerns should be detailed when filling out the "A Note from the Parents" form.