

Camp Physical



To Parent(s)/ Guardian(s): Complete this section and give this form to your child's health-care provider for review.

Dates will attend camp: from _____ to _____

Camper Name: _____

☐ Male ☐ Female

Birth Date: _____

Age on arrival at Camp: _____

Camper home address: _____

City: _____ State: _____ Zip Code: _____

Custodial parent(s) phone: (_____) _____ (_____) _____

Parent(s)/ guardian(s) stop here. Rest of form to be completed by medical personnel.

The following non-prescription medications are commonly stocked in camp Health Centers and are used on an as needed basis to manage illness and injury. **Medical personnel:** Cross out those items the camper **SHOULD NOT** be given.

Acetaminophen (Tylenol)
Ibuprofen (Advil, Motrin)
Phenylephrine (Sudafed PE)
Pseudoephedrine (Sudafed)
Chlorpheniramine maleate
Quartenerin
Dextromethorphan
Diphenhydramine (Benadryl)
Generic Cough Drops
Chloraseptic (sore throat spray)
Lice shampoo or scabies cream (Nix or Elimite)

Calamine Lotion
Bismuth subsalicylate (Pepto-Bismol)
Laxatives (Ex-Lax)
Hydrocortisone 1% Cream
Topical Antibiotic Cream
Aloe Vera

Diet/Nutrition: ☐ Eats a regular diet. ☐ Has a medically prescribed meal plan or dietary restrictions; (describe below)

The camper is undergoing treatment at this time for the following conditions: (describe below)
None.

Medication: No daily medications. Will take the following prescribed medication(s) while at camp: name, dose, frequency- describe below)

Other treatments/therapies to be continued at camp: (describe below) ☐ None needed.

Physical Exam done today: Yes No

If "No," date of last physical: _____

ACA accreditation standards require physical examination for new 12 months.

Weight _____ lbs Height _____ ft _____ in

Blood Pressure _____/_____. Allergies: ☐ No Known Allergies

- ☐ To Food (list)
- ☐ To Medications (list)
- ☐ To the Environment (insect stings, hay fever, etc.- list)
- ☐ Other Allergies (list)

Describe previous reactions:

Do you feel that the camper will require limitations or restrictions while at camp? No Yes

If "Yes" to the question above, what do you recommend? (describe below-attach additional information if needed)

Sample Camp Physical Form

**John Thomas McFarland, Benjamin
Severance Winchester**



Sample Camp Physical Form:

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