

Health and Cadet Medications at Encampment – for Cadets and Parents

Before Registering

- Update **emergency contact** information (eServices account → Characteristics)
- Verify **cadet and parent/guardian phone & email** are current (eServices → Contacts)
- Review and update **CAP Health** profile:
 - **Allergies:** Food, medication, insect, etc. (indicate epi-pen / rescue inhaler here)
 - **Accommodations:** Dietary (other than allergies), physical, learning, medical
 - **Medications** brought to encampment: including dosages and timing
- Fill out and sign **CAPF 163** (OTC medications)

Complete and accurate information in CAP Health is critical for encampment planning and Health Services operations.

Before Attending

If you are ill, do not attend encampment!

Evacuation plan: Parents/guardians must have a plan to pick up cadet **within 24 hours** in case of injury or communicable illness.

Update CAP Health:

- Enter ALL cadet medications brought to encampment
- DO NOT ENTER or bring OTC medications listed on CAPF 163, these are available from Health Services as needed

Pack medications:

- Original pharmacy/manufacture containers
- Pack in easily accessible clear zip-top bag labeled with: Last Name, First Name, CAPID
- Rescue and hormonal medications stay with cadet, carry these separately

Last-minute health or medication changes:

- Update CAP Health before arrival
- Start new medications 2+ weeks ahead, if possible, to identify side effects
- Do not attend if you have a new illness or injury which will prevent you from participating in strenuous, fast-paced encampment activities

Cadet Medication Guidelines

Per regulations, CAP adult leadership will securely store and provide, as needed, all medications for cadets during this extended, overnight experience.

This includes prescription and non-prescription medicines, herbals, vitamins, and supplements (except for rescue and hormonal medications).

Unmedicated toiletries such as sunscreen, powder, insect repellent, lip balm, hand lotion, contact lens solution, and lubricant eye drops (“artificial tears”) are permitted and will remain with cadets.

This policy applies to ALL CADETS, whether over or under age 18.

CAP Health medication list MUST match what's brought to encampment

Cadet responsibilities:

- Know medications, dosages, and schedules
- Must be able to open containers independently and self-administer
- Report to designated Health Services locations at scheduled medication times

Medication scheduling:

- Medications will be available at the times entered in CAP Health
- Avoid “on waking” and “bedtime” if timing and/or side effects allow – mealtime scheduling reduces disruption of cadets’ limited personal time
- Minimize non-essential supplements and OTC medications brought to encampment

Consult your health care provider before changing medications or scheduling

Encampment Health Services

Health Services staff at encampment provide basic first aid for minor ailments.

If a cadet requires medical care beyond basic first aid, encampment staff will contact a parent/guardian immediately.

Cadets requiring treatment at an outside medical facility will be transported by encampment staff when possible, and may return to encampment if medically cleared to continue participating.