

Exceptional Citizens Week at Camp Pembroke
Infirmary Welcome Letter

306 Oldham Street
Pembroke, MA 02359
(857)370-9529 www.ecweek.org

Dear Parent/Guardian:

To streamline the EC Week camper check-in process, we are asking that you bring one week's supply of your camper's medication prior to arrival at EC Week.

- Please have medication in original labeled bottles with at least a few extra tablets (for accidental spills and to confirm medications). All containers should be labeled with the camper's first and last name.
- All "as needed" medications (PRN), liquid medications, medicated lotions, or powder medications should be left in their original containers.
- Please consider leaving any non-essential vitamins, creams, etc. at home this week.
- We will have a supply of applesauce, pudding, yogurt, etc., however, please include any helpful items to assist dispensing medications for your camper's personalized needs (syringes, specialty food items, etc.).

Please do not hesitate to contact us if you have any questions at (857)360-0529 or execdir@ecweek.org. We look forward to seeing you for a wonderful week!

Sincerely,

Michael McLaughlin, Executive Director
Scott Elias, Camp Director
Exceptional Citizens Week

Exceptional Citizens Week Suggested Packing List

Camp Pembroke

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Suggested Packing List

This is a suggested list of recommendations. Please modify your packing as you see fit.

- ☐ Sleeping bag or blanket
- ☐ Sheets
- ☐ Pillow and Pillowcase
- ☐ Shower towels
- ☐ Beach towel
- ☐ Bring enough clothes for 7 days and nights plus a few extras: Shorts, jeans, sweatpants and sweatshirts. short and long-sleeved shirts, socks, underwear, pajamas
- ☐ Rain gear- jacket/poncho, rain shoes. Be prepared for **ALL weather**. Layers are recommended.
- ☐ Comfortable Sneakers (we STRONGLY recommend two pairs)
- ☐ Toiletries- Shampoo/conditioner, body wash/soap, deodorant, toothbrush & toothpaste, etc.
- ☐ Swimsuit
- ☐ Laundry bag
- ☐ Goggles or Swim mask
- ☐ Shower shoes
- ☐ Hat and/or sunglasses
- ☐ Sunscreen
- ☐ Bug spray
- ☐ Personal fan/ cooling devices
- ☐ Lawn chair or camp chair
- ☐ Flashlight and batteries
- ☐ Items that help your camper relax/quiet time items.
- ☐ Sensory care items if applicable (noise canceling headphones, weighted blanket, fidget toys, oral stim, etc.)
- ☐ Augmentative communication device(s)
- ☐ Special cups, bowls, utensils, etc.
- ☐ Diapers, wipes, personal care items, feminine hygiene products, bathroom supplies
- ☐ Hearing aids with spare batteries
- ☐ Equipment charger

WHEN YOU GET TO CAMP

Expect to be in a queue when you arrive. To keep this process running smoothly, you will be directed to drive to your camper's assigned cabin. There will be people to help unload your car. As soon as you are unloaded you will be directed to drive to the dining hall to check in with our medical staff. Please have your meds accessible. Parking is very limited at Camp Pembroke. You will need to park your car in designated areas after you drop off your camper. There is no long term parking at the cabins, only parking while unpacking. Thank you!