



Notes from the Nurse

Our Favorite MVP/RN, Shannon Conatser

If there are any health questions or concerns about being at camp, please feel free to contact me at (865)356-2030.



ALTITUDE SICKNESS

Traveling 4000+ ft up the mountain in about an hour means a rapid change in elevation from near sea level. Staying hydrated is one of the best ways to prevent altitude sickness. To mitigate any discomfort, **we recommend drinking plenty of water beginning a few days prior to your arrival and during your stay.**



ALLERGIES

The lovely grounds at Idyllwild Pines can mean allergies. If anyone in your party has a history of environmental allergies (pollens, trees, grass, dust, dander) **it is highly recommended to start your full allergy regimen 3-5 days in advance of arriving at camp.** This is recommended even if you are not experiencing seasonal allergies at home at the time of camp.

Make sure to bring any rescue medicine, such as inhalers or epi-pens, with you as well.

ACUTE ILLNESS

If you are feeling symptoms of contagious illnesses like COVID, flu, or GI distress in the few days prior to camp, **contact the nurse PRIOR to traveling to camp.**



PREEXISTING CONDITIONS

If anyone in your group suffers from seizures, asthma, diabetes, a cardiac condition, or has mobility limitations, **please make sure to bring all medications taken daily and as needed. Also, make sure to pack any assistive devices prescribed to manage the condition(s).**

HEALTH CHECK-IN

We value your health and autonomy; therefore, your personal medicines and routines will remain managed by your family in your cabins. However, in the event of emergency, **it is important the nurse is aware of allergies and medical conditions being treated during your stay at camp.** Each family member will have the opportunity to speak with the camp nurse upon arrival to discuss any relevant medical information.



SEASONAL CONSIDERATIONS

We have camp in each season of the year! Please be mindful of seasonal considerations such as layering clothing in cooler weather and minding heat exhaustion in the hotter months. **If you have medical conditions that are exacerbated by very cold or very hot temperatures, please communicate these to the nurse at check-in.**

Being prepared is the best way to have a healthy experience and we are here to help you!