

# MAINE FIDDLE CAMP

## HEALTHY CAMPER GUIDE

Welcome to the new MFC healthy camper guide! Listed below are helpful hints for happy campers.

**Ticks and mosquitoes:** They're here! In the beautiful woods of Maine, we are famous for our insects. Prepare yourself for the glorious outdoors by having the "right stuff"; permethrin treated clothes, long pants tucked into socks, proper insect repellent, and of course, "the daily tick check" routine. Bring tick-removal spoons in your kits, they are the latest and greatest health accessory. Remember:

### **EARLY DETECTION AVOIDS INFECTION.**

**Safety:** We ask all campers to observe the parking rules, in case Emergency vehicles must enter camp. Wear shoes (ideally covering toes) at all times; roots and sticks have a way of popping up and biting you! True's pond is available for swimming during mandated times when a lifeguard is present; minor children are not allowed at water's edge without a dedicated responsible adult present. Adult campers with boats or kayaks are permitted to enjoy. The camp has a defibrillator and trained personnel, at all times.

**Health:** Handwashing at camp is extra important! Especially before meals; there is a sink in the dining tent, and antiseptic hand wash, for your use. If there is an illness, please report it to the camp nurses. We're here to help!

**Allergies and Medications:** Please refer to our policies for these issues. All prescription medications brought to camp should be in the original bottles with the script label, for children and adults.

**Gender Neutral:** Single bathrooms with showers for gender-transitioned campers are available adjacent to the dining hall, if requested. Privacy and respect is important at MFC.

**Thanks to all campers for doing the good work of health, safety, and a communal attitude; that is what makes MFC the best camp ever!**