

Student Camp Medication Information

Can I bring medication?

- A Physician Order Form is due to the designated camp nurse, staff, or volunteer for all medications, both prescribed and over the counter, upon arrival at Richland Creek prior to departure on July 6th.
- All medications (Over-the-counter and prescription) must be in the original package and are due to the designated camp nurse, staff, or volunteer upon arrival on July 6th.

What is considered an over-the-counter medication?

- Pain medication such as Tylenol, Advil, and Midol.
- Allergy medications such as Zyrtec, Claritin, Allegra, and Benadryl.
- Topical medications include hydrocortisone cream, Neosporin, muscle rubs, oral gel, and Benadryl cream.
- Vitamins and sleep aids such as melatonin.
- Digestive aids such as Tums, Zantac, Gasx, and Lactose.

How Much Medication should I bring?

- Only bring enough for the days/nights you will be on the trip.
- Example: Your student only takes vitamins/medication at breakfast, and you would only turn in 5 pills and paperwork to the designated camp nurse, staff, or volunteer.

Who turns in the medication and forms?

- Parents must turn in all medication and forms to the designated camp nurse IN PERSON at check-in.

Who administers Medication?

The designated camp nurse is the primary person administering daily and as-needed medication to students if they have completed all the paperwork.

Medication can be administered 30 minutes or 30 minutes after the prescribed time (i.e., the specified time is noon, the medication may be given between 11:30 am -and 12:30 pm)

Parents must pick up all medication upon arrival on August 1. The Student Ministry staff will discard any medication left at Richland Creek Community Church after that time.

Medication Note:

A parent must submit all medications with a completed Physician's Order Form. Parents must bring the medication to the designated camp nurse in the original prescription bottle (or with the original prescription label on it).

Medications will remain in the nurse's care during camp. A student may self-carry as directed on the Physician's note.

Camp BeDoTell
"Shine"
Fort Caswell
100 Caswell Beach Road
Oak Island, NC 28465
July 6th-10th, 2026

Camp Rules

1. Obey the instructions of any leader immediately.
2. No one is to be alone. Stay in groups of three or more.
3. Swim only in designated areas during designated times.
4. No one is to go into or on top of the forts after dark.
5. The beach is off-limits after dark.
6. Keep up with your meal tickets. Lost meal tickets can be replaced for a fee.
7. Absolutely no smoking, vaping, drugs, alcohol, firearms, knives, fireworks, or pornographic material will be allowed on the trip. Violators may be sent home after speaking with parents.

Tentative Daily Schedule:

Monday:

1:00 - 4:00 pm Registration
5:00 - 6:30 pm Supper
7:10 pm Line up by church group on the Parade Ground
10:00 pm Church Group Devotions
11:00 pm Clear Campus
11:45 pm Lights Out

Tuesday - Thursday Daily Schedule

7:15 - 8:15 am Breakfast
8:15 am Quiet Time - printed in the Student Workbook
8:40 am Line up by church group on the Parade Ground
9:00 am Morning Worship in Hatch Auditorium
10:50 am Dismiss to small groups with your church
Noon Lunch
1:20 pm Track Times/Packing Meals for Haiti (one day)
3:30 pm Free Time
5:00 - 6:30 pm Supper
6:40 pm Line up by church group on the Parade Ground
7:00 pm Worship in Hatch Auditorium
10:00 pm Church Group Devotions

11:00 pm Clear campus
11:45 pm Lights Out

*** Special Features**

Additional Track Times from 2:45 - 3:30 pm - Tuesday and Thursday
Splash and Dive Contest at the swimming pool: Wednesday at 4:00 pm.

Friday Schedule

7:15 - 8:15 am Breakfast
8:15 am Quiet Time - printed in the Student Workbook
8:40 am Line up by church group on the Parade Ground
9:00 am Morning Worship in Hatch Auditorium
10:45 am Dismiss to Barracks to pack up
11:30 am Load up luggage on the bus
12:00 pm Lunch
1:00 pm Depart for Richland Creek Community Church

Departure Day

Students must be in the Student Center by 8:15 am on Monday, July 6th, for check-in and a pre-departure meeting. Parents are asked to stay to revise instructions and to pray over students before we leave.

Returning on Friday

We should arrive back at the church around 4:00 pm. Pick-up will be in the Student Center.

Packing List

Clothes:

Shorts (must be fingertip length or longer)
Shirts (no offensive language, advertisements, or pictures; tank top straps must be at least 2 inches wide)
Undergarments
Bathing suit (must be appropriate - tankini that completely covers stomach or one-piece for girls)
Bathing suit cover-up (must be worn when not at the beach or pool)
Shirt for swimming if necessary
Pajamas
Sneakers
Flip-flops/sandals
Sunglasses
Socks
Hat (cannot be worn in the auditorium)
Jacket/hoodie (optional)

Toiletries:

Toothbrush
Toothpaste
Deodorant
Shampoo
Soap/body wash
Hairbrush/comb
Shower caddy
Any necessary medications (must be checked in at drop off)
Feminine products
Sunscreen (enough for 6 days, with several applications)
Bug spray
Contact solution and case/glasses
Hair ties

Linens:

Twin sheet set
Pillow
Blanket/sleeping bag
Towel
Washcloth
Beach towel
Bag for dirty/wet clothes

Other:

Bible (must be a paper copy)

Notebook

Pen

Phone Charger

Money for Monday lunch

Offering for House of Abraham in Haiti

Spending money for snack bar/gift shop