

## Medical and Travel Logistics 2025

The State of Maine permits students to carry their own emergency medication (epi-pens, inhalers, diabetic medication) with the permission of the parent and physician. I have enclosed a letter of explanation and forms that must be signed by the appropriate people that we must have on hand if you wish your child to carry their own emergency medication (this only pertains to inhalers, epi-pens or other **emergency** medicines). Please read it carefully and be sure to either bring or send the forms if they are needed. We also carry our own emergency medications in our first aid kits and all non-emergency medications must be kept in the clinic. If these forms do not pertain to your child, you may disregard them.

### Medical

A health form with a doctor's physical within one year of attendance is required by the State of Maine. Medical information should be submitted within 30 days of the start of the session and include the following:

- The AIO health form – complete and sign the first page of our form.
- Doctor's physical – use our second page or submit the clinic's form signed by the doctor
- Complete immunization record
- copy of insurance card

Periodically, we have students with severe nut allergies. We can control our kitchen and serving areas though we ask that you look carefully at the care package food you send for your child and avoid foods with nuts. The students themselves are very responsible and aware of their allergies but we appreciate your help in making it a less stressful situation for everyone. We do make peanut butter available for lunches in a contained area and we keep the allergic student's lunch separate from these. This has been completely successful for us in the past.

Bring any prescribed medications in their original bottles and give them to the nurse when you meet with her on your arrival day. Other than the emergency medicines that your child may need to carry, we keep all medications locked in the clinic. We also carry a fully stocked first aid kit in each van and on all off-site trips.

### Travel

Arrival is the first Sunday of the session between 12 noon and 4 pm. Please don't plan to arrive earlier than noon since the staff is off duty Sunday morning until noon. Departure is the last Friday of the session between 8 am and noon. While we are asking that only students and staff come into the building on arrival day, we will offer an outdoor family cookout at 11:30 am on the last Friday for any of you that have the time to join us. It's a chance to tour the building and watch the

final slideshow (this will also be available on Facebook and Flickr after the session). We request that you plan to get your child no later than noon on the last Friday so that our staff has time to deep clean the building before the next group arrives.

If your child is flying in and out, either through Bangor or Bar Harbor, arrivals should be between noon and 4 pm and departures should be in the morning/early afternoon before 3 pm. If they are traveling as an unaccompanied minor pay airline fees in advance and send the receipts so we can show them when we check your child in to depart. If they are not unaccompanied minors, you can check them in the night before from your home and pay their luggage fees in advance. Otherwise, be sure they have the needed funds. Airlines no longer take cash for luggage so you will either need to send your child with a credit/debit card or be sure they have enough "bank" account to cover it.

Due to the distance to the airport in Bangor students should be prepared to wait with a staff member for other flights to arrive or depart. The airport has stores and restaurants and the students will call home when their flight arrives. There are typically very short wait times for arrivals into Bar Harbor.