

STATE OF CONNECTICUT, DEPARTMENT OF CHILDREN AND FAMILIES
WILDERNESS SCHOOL

MEDICATION CHECKLIST:

TO ASSIST APPLICANTS IN PREPARING FOR THEIR WILDERNESS SCHOOL EXPEDITION

- Current Doctor's Orders for all **prescription medications** that the youth will be bringing are consistent with application materials, and have been filed with the Enrollment Office
- Current Doctor's Orders for all **non-prescription medications** that the youth will be bringing are consistent with application materials, and have been submitted to the Enrollment Office
- Refills on prescriptions have been made - smaller containers are preferred over bubble packs.
- All medications must be in the original prescription containers and have a current prescription label attached (labels must match the Doctor's orders that were submitted)
- Enough medication to cover the length of the course has been sent to the Wilderness School and must be delivered 96-hours prior to the course start date
- Applicants with prescribed rescue inhalers (i.e. Albuterol, ProAir, Proventil) must have **2 inhalers per prescription** (an unused back up inhaler is required for each prescribed rescue inhaler) – 1 full inhaler shall be submitted for each asthma maintenance medication (i.e. Flovent, Advair, Singulair).
- Discontinued medication orders submitted for all medications that the youth is no longer taking (only if previous Dr.'s Orders were submitted)
- All over the counter medications that the youth is bringing to the course (i.e. acetaminophen, ibuprofen) will arrive at the Wilderness School 96 hours in advance of course start - we recommend prepackaged, individual doses rather than a large bottle. In order to take any non-prescription medication, your doctor must have signed for this on p. 4 of the Physician's Medical Exam Form submitted to the Wilderness School.

It is recommended that all 20-day students send in a small amount (trial sizes) of either ibuprofen (200 mg) or regular strength (325 mg) acetaminophen (Tylenol).

This is optional for 5-day students.

Please contact the Enrollment Office at 860-653-8059 with questions. Thank You!