



# Camp Easy Breathers

Pre-Camp Guide



**Driscoll**  
Children's Hospital

# Welcome to Camp Easy Breathers

Camp Easy Breathers is all about creating fun, memorable experiences while helping children gain a deeper understanding of their asthma. This guide is designed to support you as you prepare for your child's camp journey, whether you're just exploring the idea or already getting ready for their adventure.

This camp is a wonderful chance for your child to learn practical ways to manage their condition, connect with other kids who share similar experiences, and enjoy a week full of exciting activities. We've included essential information, key dates, and helpful reminders to ensure your child's time at camp is as enjoyable and beneficial as possible.

Congratulations on taking this important step toward empowering your child to live confidently with asthma. We can't wait to welcome them to a week of learning, friendships, and unforgettable fun!



## Camper Eligibility

**Camp Easy Breathers is open to children between the ages of 7 and 14 who meet the following criteria:**

Children should have moderate to severe asthma and no other limiting physical conditions. The camp is designed to benefit children who have had emergency visits for asthma, frequent school absences due to their condition, or those who could gain valuable insights from an asthma education program. Additionally, eligible children should already be on controller medications, such as inhaled steroids (e.g., Advair, Flovent, Symbicort).

If your child meets these requirements, we encourage you to apply and take the first step in giving them an unforgettable camp experience.

## Application Process

If your child meets the eligibility criteria outlined above, you can apply for this summer's camp program by obtaining a *Camper Application Packet*, which includes all necessary health forms. This packet can be downloaded from our website or requested by mail. All required documents must be completed and submitted by the specified deadline.

**Additionally, you and your child must attend a mandatory registration and orientation session prior to the start of camp.** Registration dates will be provided once your child has been approved for attendance.

To complete the application process, you must include:

- **Camp Easy Breathers Health Form**, completed and signed by a parent or legal guardian.
- **Immunization Records**, required only if your child is not attending public school.
- A copy of your child's **Health Insurance Card** or other documentation of current health coverage.
- An updated **Asthma Action Plan** provided by your child's doctor.
- An updated **Anaphylaxis Emergency Plan**, if applicable



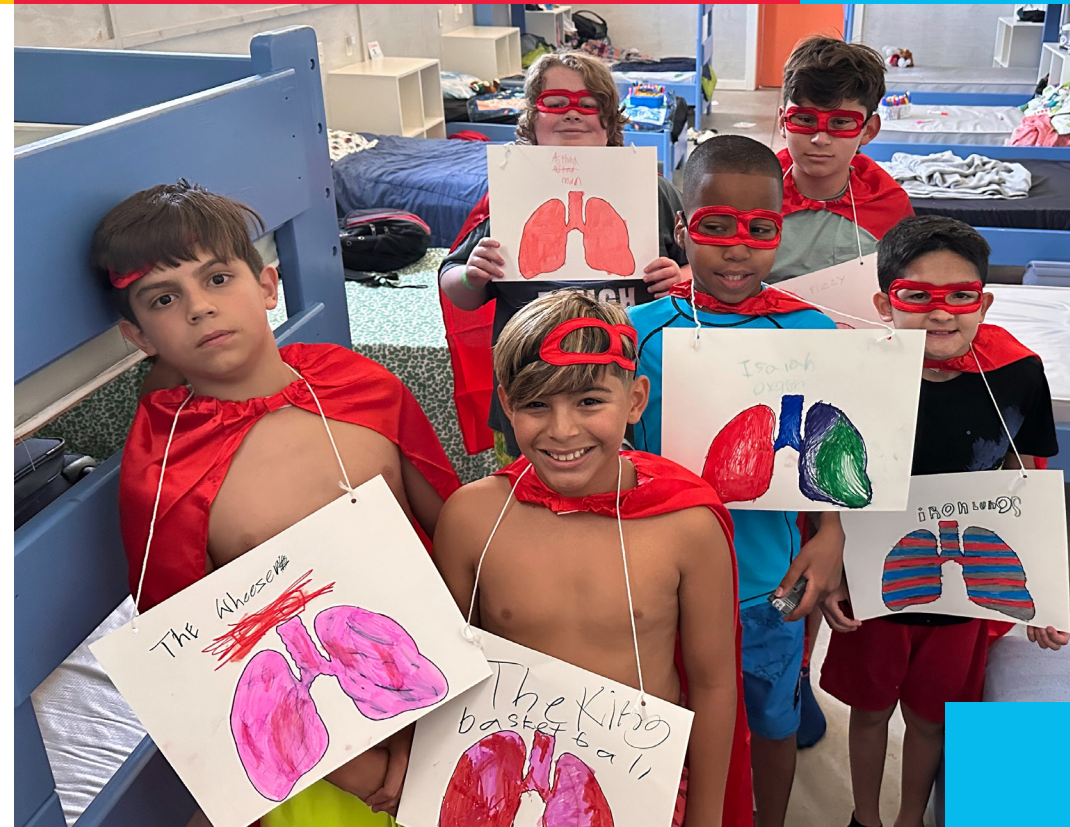
Once your child is approved, additional forms will need to be completed and signed during the in-person registration session. These include:

- Parent's Camp Medication Notice
- HIPAA Release Form
- Camper Information Form
- General Consent and Release Form
- Acknowledgment of Behavior Policy Form
- General Authorization Form.

Camp eligibility depends on submitting a complete application packet and meeting specific criteria, including the severity of your child's asthma symptoms and their need for an asthma education program.

Camp Easy Breathers reserves the right to verify or re-verify the accuracy of submitted information to ensure compliance with all policies and applicable laws. Please note that submission of all required forms does not guarantee acceptance due to limited space, staff, and financial resources. Applications will be reviewed on a case-by-case basis by a health care professional, who will determine whether your child is eligible to participate.

If your child is accepted into camp, you will be notified, and both you and your child will be required to attend an in-person registration session to review medical information and finalize preparations. A specific date and time for this session will be provided. Please carefully review all information in this guide before submitting your application, as your child may only attend camp if all asthma camp requirements are met.



## Submission Details

Submit your application as early as possible, as we have a limited number of spots available for campers each year. Applications will be reviewed and accepted on a first-come, first-served basis.

Applications must be submitted by **May 16, 2025, at noon**. You can send the completed forms through any of the following methods:

- **Fax:** (361) 808-2022 (confirm receipt within 24 hours).
- **Mail:** Driscoll Children's Hospital Pulmonary Function Laboratory  
3533 S. Alameda St., Sloan Building, 5th Floor, Corpus Christi, TX 78411

Once we receive your application, it will be reviewed by our medical team. If your child is selected, we will notify you and schedule a mandatory registration session.



## Registration Requirements

**All parents and campers must attend a registration session before camp begins.** These sessions are crucial for verifying your child's medical information and preparing for a safe and enjoyable camp experience.

During the session, you will:

- Meet camp staff and medical personnel.
- Review and verify all medical information and current medications.
- Complete any remaining consent and release forms.

Please bring all your child's medications in their original containers, clearly labeled. **Campers who arrive without their prescribed medications will not be admitted.**

### Important Dates

- Application Deadline: May 16, 2025
- Last Day to Register: May 30, 2025
- First Day of Camp: June 9, 2025
- Last Day of Camp & Awards Celebration: June 12, 2025

Parents will receive specific arrival and departure times during camper registration. Registration dates will be provided after health forms are submitted and your child is approved to attend asthma camp.

*There is no cost for families or volunteers to attend camp. The Driscoll summer camp is made possible through the generous support of individuals, organizations, foundations, and corporations. All meals, snacks, and activities are included, ensuring a memorable and enjoyable experience for your child!*



## Preparing for Camp

Packing for camp can be an exciting part of the preparation! Below is a detailed list to help ensure your child is comfortable and ready for the adventure. Please ensure that all items are labeled with the camper's name.

### For Sleeping

- A pillow and pillowcase
- Twin-sized sheets and a blanket or sleeping bag

### Clothing

Pack enough clothing for five days, including:

- Comfortable closed-toe shoes (plus an extra pair for water activities)
- Flip-flops for the pool and showers
- Shorts, T-shirts, socks, and underwear
- One pair of jeans or long pants
- A jacket or sweatshirt
- Swimsuits (tankinis are acceptable; no bikinis)
- Pajamas
- A disposable shirt and shorts for messy activities

### Hygiene Essentials

- Towels (4) and washcloths
- A beach towel
- Soap, shampoo, toothbrush, and toothpaste
- Comb or brush
- Chapstick or lip balm
- Feminine hygiene products (if needed)

### Miscellaneous

- A laundry bag or extra pillowcase for dirty clothes
- Flashlight and extra batteries
- Quiet-time games or activities
- Raincoat or umbrella
- Hat or head covering
- Sunscreen and insect repellent (lotion preferred)
- Sunglasses with UV protection
- Notebook and pen
- Disposable cameras (optional)



**Please ensure that you bring all medications your child is currently taking.** All medications must be in their original containers and clearly labeled with your child's name, the name of the medication, and the appropriate dosage. Verify that none of the medications are expired and that you provide enough medication to last for the entire week of camp.

**Note: If your child arrives at camp without their prescribed medications, they will not be permitted to stay at camp.**

## What NOT to Bring

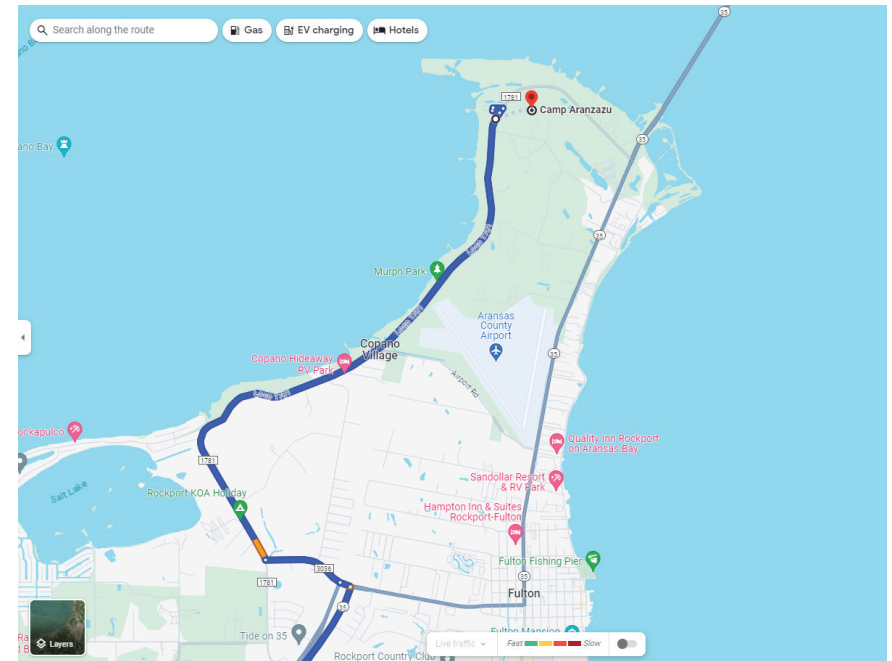
For the safety and security of all campers, the following items are prohibited:

- Cell phones and other electronic devices (e.g., iPods, MP3 players)
- Expensive valuables or accessories
- Silly string, balloons, or pets

The possession of dangerous items, including weapons, firearms, knives, firecrackers, illegal drugs, alcohol, tobacco products, or vaping devices, will result in immediate dismissal from camp.

## Map to Camp Aranzazu

From Corpus Christi

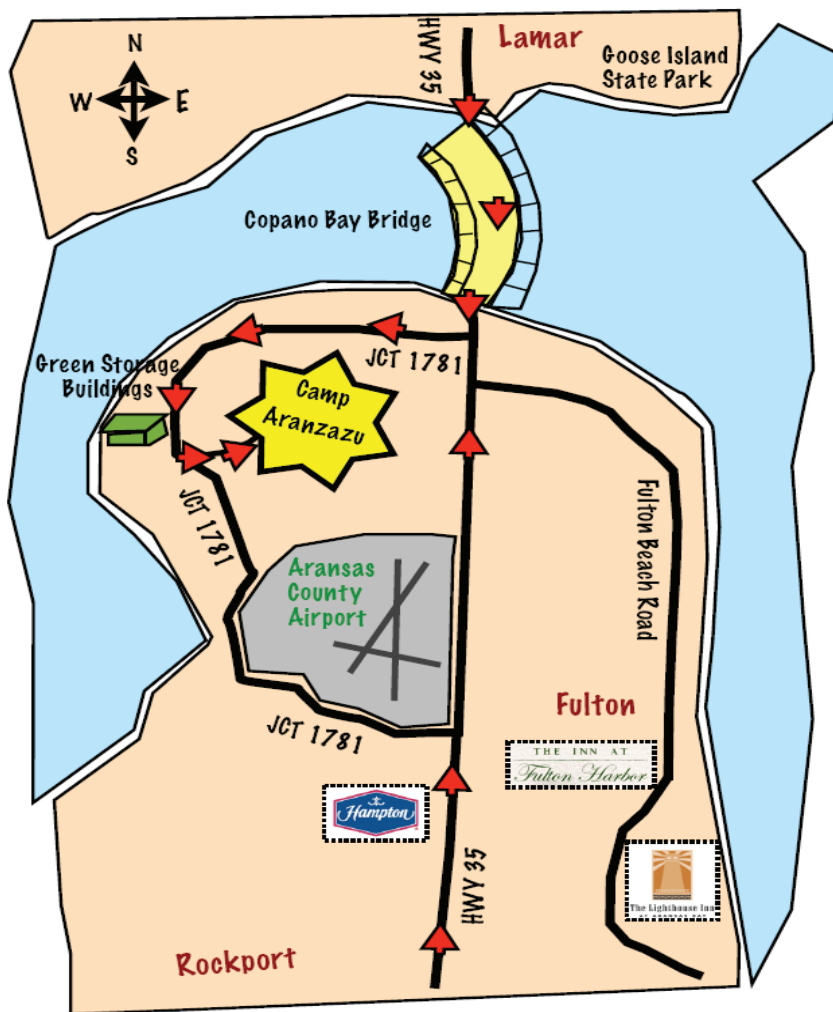


### Camp Aranzazu

5420 FM 1781  
Rockport, TX 78382

- Get on TX-358 W from S Padre Island Dr. for .4 mi
- Continue on TX-358 W. Take US-181 N and TX-35 N to loop 1781 in Aransas County for 46.2 mi
- Turn left onto Loop 1781





## Contacts

During the camp week, please call the Camp Aranzazu Office if you need to speak to the staff. The camp director and camp coordinator will have cell phones, but the service is not always reliable depending on the location at camp.

### Camp Aranzazu

(361) 727-0800  
[camparanzazu.org](http://camparanzazu.org)

### Shelly Bigelow

Camp Director  
 (361) 694-4580  
[aracely.bigelow@dchstx.org](mailto:aracely.bigelow@dchstx.org)

### Yadira Claudio

Camp Coordinator  
 (361) 694-4464  
[yadira.claudio@dchstx.org](mailto:yadira.claudio@dchstx.org)

### Driscoll Children's Hospital

3533 S. Alameda St.  
 Corpus Christi, TX 78411  
 (361) 694-5000  
[driscollchildrens.org](http://driscollchildrens.org)

Scan the QR Code to for more information and resources.



