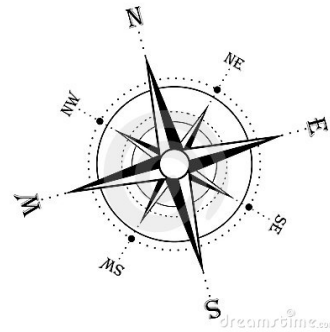


# Pali Institute Parent Pack Navigation Tips

We are very excited for your child and school to be attending Pali Institute. Below you will find some helpful information for filling out your online Parent Pack and other tips to help make the process prior to Pali as easy as possible.



## Parent Pack Tips:

- Our Parent Pack can be accessed at:
  - <https://www.paliinstitute.com/parentcorner.html>.
- Scroll down and click on the first icon that is labeled "Parent Pack Login."
- Input your login and password information. If you have not been provided your login information please contact your school. Note: there are no L's or O's in the login and password codes. Only one's and zero's.
- Once logged on you will be asked to change your password. Please write down the new login information below:
  - Login: \_\_\_\_\_
  - New Password: \_\_\_\_\_
- The pages prior to the health form will give you an overview of our program and answer more of your questions.
- Once you get to the health form, you will be asked for contact information, insurance information, health history information, and medications taken. Note: To prevent lost information, hit **Save & Next** at bottom of page.
- Once all red (\*)'s are completed, click **Save & Next** to confirm completion. Once completed, a pdf of the Parent Pack will be emailed to the email address you have provided. If you do not receive this confirmation, please email Pali Institute at either [Urbach@paliinstitute.com](mailto:Urbach@paliinstitute.com) or [schoolcoord@paliinstitute.com](mailto:schoolcoord@paliinstitute.com) to confirm completion of the Health History Form.

## Weather:

- Prior to your child's trip to Pali, please check the weather forecast for Running Springs, CA. The weather tends to change unpredictably. We like to refer to the following websites for the weather:
  - Rim of the World ([www.rimoftheworld.net](http://www.rimoftheworld.net))
  - NOAA ([www.noaa.org](http://www.noaa.org))
  - The Weather Channel ([www.weather.com](http://www.weather.com))
- Please pack accordingly to the forecast. Since it can change unpredictably please be overly prepared. Layers and appropriate clothing will be your child's best friend. A packing list is included in the Parent Pack and in the Parent Corner of the Pali Institute website ([www.paliinstitute.com](http://www.paliinstitute.com)).

## Kitchen

- We are a nut and peanut free kitchen, which means we do not cook with any nuts, nut oils, peanuts, or peanut oils.
- We do offer vegetarian options along with a salad bar at all lunch and dinner times.
- We are not gluten free. If your child needs a gluten free diet, you may provide supplemental foods. We ask that all supplemental foods are pre-cooked or easily microwavable. Unfortunately our kitchen cannot specifically prepare supplemental foods other than microwaving. Pali will provide your child's school with the meal menu the week prior to arriving. A sample menu can also be provided if requested. This may help in preparing for your child's stay.

## Nurse Corner:

- Please give medications to your child's teacher. Students may not carry medication on their person unless it's an epipen and/or an inhaler.
- Medication needs to be kept in the original container and in a zip-lock bag with both the child's name and school name.
- If your child starts a new prescription/vitamin/medication after health form is complete, please email the Pali nurse at "nurse@paliinstitute.com" and fill out the **Additional Medication Sheet**. (Your child's teacher will be receiving this 2 weeks prior to the arrival day.)

## Letters:

- If you choose to send a letter to your child while at camp, please include your child's name and their school on the envelope. This will ensure it will get to your camper.