



Camp Allergy/Dietary Restriction Policy

Allergy Reports are **DUE seven Days** prior to your stay at Camp.

All guests with allergies or dietary restrictions should still bring their medications, epipens, etc as well as snacks that they know they can have (as long as they are nut-free) no matter what their allergies/dietary needs might be.

It is also very important for those with allergies to **be introduced to the host and to the Food Services Manager**. At that time you can discuss the allergies in more detail. Please make sure to mention if a severe allergy is airborne or just consumption based; this should be indicated on the allergy form prior to arrival.

As you may already know, **our camp is a nut safe camp**. Since we don't always know exactly what groups are bringing to Camp for additional snacks, *we cannot guarantee we are nut free*; however we do not use nuts or nut oils in our kitchen. Some of our products come from suppliers indicating their products "may contain nuts". If that is a concern, we encourage individuals to supply food items for times they may not want to eat what is provided. **We do not cook any seafood/shell fish products.**

As a nut safe Camp, we ask that only pre-packaged and nut-free snack items be brought to Camp to protect the safety of all current and future guest groups.

The only "specialty" meals that we guarantee are gluten free, lactose free diets, vegetarian diets as well as diabetic diets. We will try to do our best to accommodate any other allergies, however, this cannot be guaranteed. Camp Arnes serves meals buffet style (Camp Arnes staff serve guests), where those with allergies may be able to simply avoid certain foods in the line (if the allergy is mild and/or is easy to identify). **If an allergy is severe and a guest wants to bring their own meals, store it in our kitchen and use our microwave at meal times, they are more than welcome to do so provided that the meals are prepared in advance and simply need to be warmed up.**

For the vegetarians in the group, we do guarantee an alternative protein (i.e. lentils, chickpeas) at each meal (**variety may be limited**). We can only guarantee this option if we are notified **seven days** prior to your arrival.

If you have any questions once you are at Camp, please feel free to ask your host as they would love to help you out!

Thanks for taking the time to read this important information.

Katie Romas
Outdoor Education & Rentals Bookings Coordinator