

CRASHBOOK

Session 1. 2025

This survival guide is mine to love, cherish, and keep forever. It has all of my essential info for camp, and I promise to never, ever, EVER lose it.

Name

Notes

♥ ENCOURAGEMENT FROM LSHIP ♥

WELCOME TO 1NDERLAND!!!! I am so so so PROUD of you all for getting here. This is only the beginning of your transformative journey! You are so so so loved and the campers will think so too! Thank you all so much for everything and I am so excited for you all to shine up the mountain! Seeing y'all go all out and embody the session's theme and mission warms my heart so much!! If there are ever times where you didn't know how to deal with something or think you could have handled it differently please give yourself grace! We are all human and UniCamp is an environment to grow, explore, and transform so never forget that! Stepping out of your comfort zone there will always be uncertainty but don't forget it's all ultimately for growth! Please please reach out to me and my coze for anything, we are here for the kids but you guys too!!! I just know deep down the kids will appreciate you all and think you all are soo soo cool just like your LSHIP!! I have no doubt in my mind you guys are going to BE WONDERFUL up the mountain!!! I admire each and every one of you!! GO OUT THERE AND SHINE!!!!

Much Woodsey	Love and Wonder,
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Pluto 🕈			

POOKIESS!! I can't believe we are finally here. I have never felt more mother than when I am with all of you guys. I am SO PROUD of everything you have accomplished. I could not have asked for a more fantabulous team for my first time as LSHIP. I believe you are all capable of SO much and I am so excited to see you all be the leaders I know you are. If you are ever feeling uncertain remember what Ted Lasso said, "Just listen to your gut, and on the way down to your gut, check in with your heart. Between those two things, they'll let you know what's what." I have no doubt yall are gonna eat the house the down up the mountain and the campers will have an absolute blast with my favorite volunteers. Know that I am always here for everything and anything you ever need. YOU ABSOLUTELY GOT THIS!!!

HEY HEY LISTEN UP LISTEN UP!!! Team, I am SO PROUD OF ALL OF YOU!!! You have put so much time, energy, effort, and love into this week with your planning, and I am beyond thrilled to see it all come to fruition! Coming in as LSHIP this year, one of my biggest goals was fostering a safe and compassionate environment for my volunteers to explore their identities as counselors and establish close connections with fellow Woodseys. When I see all of you together, I feel ALL the warm fuzzies because I know my coze and I accomplished that. If you ever feel stressed, tired, or overwhelmed this week, please remember that you have a home here– full of people that will support you in every way. Our campers are so fortunate to have this ONEderful group, and I know they're going to EAT Y'ALL UPPPP!!! IT'S YOUR TIME TO SHINE!!! Go forward and be the incredible counselors I know y'all are!! If you ever need anything, just know that a little fairy from Pixie Hollow/sea snail/purple-ish blue color is here for ya.:)

Much Woodsey Love and Wonder,
Periwinkle*

DAY 1: Sunday, June 22nd 🍄

THEME: Journey to Wonder (Wear your session shirt)

7:00 AM: Meet @ bus pickup

9:00 AM: Begin camper check-in

♥ Health screening & lice check, Medication intake, Luggage labels, and Temp units

10:30 AM: Buses begin heading to Camp Pine Mountain!

▼ Eat lunch on buses. Separate food from paper waste

12:30 PM: Buses begin arriving at Camp Pine Mountain/Camper Orientation

OCP & specialists stay on the bus to help unload luggage

12:45 PM: Welcome campers @ amphitheater

- Sort campers into units
- ♥ Put belongings in cabins
- Make cabin agreements poster (use positive phrasing!)
- ♥ Take phones, food, scented items, etc.
 - Phones and food-scented items go to LSHIP
 - Trash cans @ lodge (separate food vs paper waste)
 - Give meds to medic (& put your meds in the lock box in the lodge!)
 - Snack available in lodge by request!
- Decorate unit flag

3:30 PM: Scavenger Hunt

♥ Complete with your unit

5:30 PM: OCP Procedures @ line-up

5:55 PM: Dinner line-up

- ♥ UniCorps will review meal procedures/duties
- ♥ Bring your unit roster for staff to collect

6:00 PM: Dinner (bring completed unit roster & labeled confiscated items)

Don't forget grace!

6:45 PM: Dinner duties: See page 12

7:15 PM: Get cozy!!

♥ Get warm and ready for nighttime activity.

Unit time/programming if extra time

8:15 PM: Opening campfire led by LSHIP

9:45 PM: Cabin chats, get ready for bed

10:30 PM: ♦ Lights out! ♦

10:45 PM: Counselor campfire #1 (half of volunteers) @ Lodge, Mandatory!

11:15 PM: Counselor campfire #2 (other half of volunteers) @ Lodge, Mandatory!

DAY 2: Monday, June 23rd 🍄

THEME: Mad Hatter (Mismatch: Shirt inside out, mismatched socks/shoes, backward pants, switch wood cookies)

6:00 AM: Optional morning Yoga w/ Peri and Pluto
7:15 AM: Wake up and get ready!!! ★
7:45 AM: Line-up
8:00 AM: Breakfast
8:45 AM: Breakfast duties: See page 12
9:30 AM: Unit Time
▼ Unit Flags + Additional Bonding
10:45 AM: Rotation #1:
11:55 AM: Line-up
12:00 PM: Lunch
12:45 PM: Lunch duties: See page 12
1:30 PM: Rotation #2:
2:30 PM: Rotation #3:
3:30 PM: Snack
4:00 PM: T.E.A. Time @ Lodge
5:15 PM: Cabin Time
5:55 PM: Line-up
6:00 PM: Dinner
6:45 PM: Dinner duties: See Page 12
7:15 PM: Get ready in cabins
8:15 PM: Night Activities
▼ Night Hike - Finding the Chesire cat
▼ Karaoke - Sing your heart out!
9:45 PM: Cabin chats, get ready for bed
10:30 PM: ♦ Lights out! ♦
10:45 PM: Counselor campfire #1 (half of volunteers) @ Lodge, Mandatory!
11:15 PM: Counselor campfire #2 (other half of volunteers) @ Lodge, Mandatory!

DAY 3: Tuesday, June 24th 🍄

THEME: Cheshire Cat (Wear Stripes)

6:00 AM: No Morning Activity
7:15 AM: Wake up and get ready!!! ☀
7:45 AM: Line-up
8:00 AM: Breakfast
8:45 AM: Breakfast duties: See page 12
9:30 AM: Rotation #1:
♥ Wall send off posters during Arts and Crafts
10:45 AM: Rotation #2:
♥ Wall send off posters during Arts and Crafts
11:55 AM: Line-up
12:00 PM: Lunch
12:45 PM: Lunch duties:
1:30 PM: Rotation #3:
♥ Wall send off posters during Arts and Crafts
2:30 PM: Rotation #4:
♥ Wall send off posters during Arts and Crafts
3:30 PM: Snack
4:00 PM: Sustainability Fair (UniCorps)
5:15 PM: Cabin Time
5:55 PM: Line-up
6:00 PM: Dinner
6:45 PM: Dinner duties: See page 12
7:15 PM: Get ready in cabins
8:15 PM: Night Activities
▼ Night Hike - Finding the Chesire cat
▼ Karaoke - Sing your heart out!
9:45 PM: Cabin chats, get ready for bed
10:30 PM: ♦ Lights out! ♦
10:45 PM: Counselor campfire 1 (alternate each day with your co!)
10:15 PM: Counselor campfire 2 (alternate each day with your col)

DAY 4: Wednesday, June 25th 🍄

THEME: Tweedle Dee and Tweedle Dum (Twin with your co)

6:00 AM: Morning Hike + Journaling with Peri + Pluto
7:15 AM: Wake up and get ready!!! 🔆
7:45 AM: Line-up
8:00 AM: Breakfast
8:45 AM: Breakfast duties: (See page 12):
9:30 AM: Rotation #1:
10:45 AM: Rotation #2:
11:55 AM: Line-up
12:00 PM: Lunch
12:45 PM: Lunch duties:
1:30 PM: Rotation #3:
2:15 PM: WALL send off!
2:30 PM: Rotation #4:
3:30 PM: Snack
4:00 PM: T.E.A. Time
5:15 PM: Cabin Time
5:55 PM: Line-up
6:00 PM: Dinner
6:45 PM: Dinner duties:
7:15 PM: Get ready in Cabins for the Fashion show!!
8:00 PM: Camper-led Fashion Show
9:45 PM: Cabin chats, get ready for bed
10:30 PM: ♦ Lights out! ♦
10:45 PM: Counselor campfire 1 (alternate each day with your co!)
11:15 PM: Counselor campfire 2 (alternate each day with your co!)

DAY 5: Thursday, June 26th 🍄

THEME: Queen of Hearts (Wear red, black, white)

6:00 AM: No Morning activity	
7:15 AM: Wake up and get ready!!! ☀	
7:45 AM: Line-up	
8:00 AM: Breakfast	
8:45 AM: Breakfast duties:	
9:30 AM: Rotation #1:	•••••
▼ CORPS Thank you posters during Arts & Crafts	
10:45 AM: Rotation #2:	
♥ CORPS Thank you posters during Arts & Crafts♥ Wall Homecoming around 11:15 AM!	
11:55 AM: Line-up	
12:00 PM: Lunch	
12:45 PM: Lunch duties:	
1:30 PM: Rotation #3:	
▼ CORPS Thank you posters during Arts & Crafts	
2:30 PM: Rotation #4:	
▼ CORPS Thank you posters during Arts & Crafts	
3:30 PM: Snack	
4:00 PM: Story Time and Q& A w/ Wall	
5:00 PM: Cabin Time	
♥ Prep for talent show	
5:55 PM: Line-up	
6:00 PM: Dinner	
6:45 PM: Dinner duties:	
7:00 PM: Get ready in cabins for Talent Show	
8:00 PM: Talent Show @ Lodge (CORPS)	
9:45 PM: Cabin chats, get ready for bed	
10:30 PM: ♦ Lights out! ♦	
10:45 PM: Counselor campfire 1 (alternate each day with your co!)	
11:15 PM: Counselor campfire 2 (alternate each day with your co!)	

DAY 6: Friday, June 27th 🍄

THEME: Caterpillar (Whooooo areee youuuu??? Dress as your camp name)

6:00 AM: Polar Bear Swim
7:15 AM: Wake up and get ready!!!! 🔆
7:45 AM: Line-up
8:00 AM: Breakfast
8:45 AM: Breakfast duties:
9:30 AM: Rotation #1: Camper's Choice
10:45 AM: Rotation #2: Camper's Choice
11:55 AM: Line-up
12:00 PM: Lunch
12:45 PM: Lunch duties:
1:30 PM: Rotation #3:
2:30 PM: Rotation #4:
3:30 PM: Snack
4:00 PM: ONEDERLYMPICS (T.E.A. Time)
5:15 PM: Cabin Time
5:55 PM: Line-up
6:00 PM: Dinner
6:45 PM: Dinner duties:
7:00 PM: Get ready in cabins for Dance
8:00 PM: Boogie Wonderland !!!
9:45 PM: Cabin chats, get ready for bed
10:30 PM: ♦ Lights out! ♦
10:45 PM: Counselor campfire 1 @ Lodge
10:45 PM: Counselor campfire 1 (alternate each day with your co!)
11:15 PM: Counselor campfire 2 (alternate each day with your co!)

DAY 7: Saturday, July 28th 🍄

THEME: Dreamland (PJ Day)

6:00 AM: Optional morning camper's choice morning activity
7:15 AM: Wake up and get ready! 🔆
7:45 AM: Line-up
8:00 AM: Breakfast
8:45 AM: Breakfast duties:
9:30 AM: Rotation #1: Camper's Choice
10:45 AM: Rotation #2: Camper's Choice
11:30 AM: Line up
♥ Announce alumni
♥ Woodsey Courting
11:55 AM: Line-up
12:00 PM: Lunch
12:45 PM: Lunch duties:
1:30 PM: Rotation #1:
2:30 PM: Alumni Day #1:
3:30 PM: Snack
4:00 PM: Alumni Day Cont.
4:30 PM: Rest in cabins (Cabin Time)
5:55 PM: Line-up
6:00 PM: Dinner
6:45 PM: Dinner duties:
7:00 PM: Get ready for Campfire
8:00 PM: Closing campfire led by LSHIP
♥ Unit Skit!
9:45 PM: Cabin chats, get ready for bed + pack as much as you can!
10:30 PM: ♦ Lights out! ♦
10:45 PM: Counselor campfire 1 (alternate each day with your co!)
11:15 PM: Counselor campfire 2 (alternate each day with your co!)

DAY 8: Sunday, July 29th 🍄

THEME: Leaving Wonderland (Session Shirts)

6:45 AI	M: Wake up and get ready!!! ∳
\	PACK LUGGAGE
•	CLEAN CABIN
7:45 AI	M: Line-up
•	Take luggage to the tarps on your way to breakfast
8:00 AI	M: Breakfast
*	Meds given back (take your camper to put them in their luggage while you're watching . Don't let campers have access to their meds!)
8:45 AI	M: Breakfast duties:
9:30 AI	M: CABIN CLEAN-UP + Closing Chapel
•	Sweep & clean cabin
•	Clean biffy (if applicable) and take trash to dumpster
•	Complete post-surveys
*	Sanitize mattresses (spray sanitizer, wait 30 seconds, and wipe)
*	Staff will collect your post-surveys, radio, and sanitizer starting at 10:15 AM
	WAIT FOR STAFF APPROVAL BEFORE LEAVING CABIN
*	Start Closing Chapel once you're done with cabin clean-up
11:55	AM: Last line-up! 😭
•	You won't go back to your cabin after line-up!
12:00 F	PM: Lunch
12:45 F	PM: Lunch duties:
*	Give phones back once duties are done
1:00 PI	M: Busses Arrive to Camp Pine Mountain
*	OCP & specialists help load/unload luggage on busses once they arrive
*	Sit with your unit on your assigned bus
4-5 PM	: Approximate arrival in Westwood!
*	Stay until the last camper leaves
*	Don't forget to give back rescue meds (inhalers, epi-pens,)
*	Closing chapel for volunteers
5+ PM:	Get some rest! EAT!! SHOWER (STINKYY)!!! RELAX!!!

You were ALLL WONDERFULL this week!! 🎉

★ Send photos to staff@unicamp.org:)

(& dry mop @ dinner) **Upper Trail PP Lower Trail PP** Sweep Lodge **Lodge Tables Boys Biffy** Girls Biffy Lodge PP Dishes Sun ∞ % 9 7 5 4 ω 2 O 5&3 7 2 4 6 ≶ œ œ \vdash 7 & 8 Mon 4 ≤ 2 9 5 6 1&6 9 ≶ œ 7 5 ω O 2 3&4 8 \vdash ≤ 9 2 W 6 7 1&2 Tues ≶ 9 7 4 œ 6 ω **⊗** ω ∞ 9 6 5 4 O 7 4 & 5 9 ∞ 6 7 ω 2 ₩ 6&7 Wed 5 4 ω 2 9 \vdash œ 8 & 9 2 \vdash 5 4 ω 7 6 o 2&3 6 9 7 œ 5 4 ₩ 굺 **&** 1 5 œ _ 6 4 ω 2 9 9 & 6 ≶ o 5 2 4 œ 5&7 2 ω \vdash 9 4 6 5 ₩ 8 & 6 Ξ. ≶ 9 7 4 ω 5 ω ‰ 5 ≤ O 2 7 9 ∞ 4 & 2 4 ∞ 6 ω 9 5 ₿ 3&6 Sat 9 2 5 œ 7 4 _ 8 & 9 ω 2 7 \vdash 6 5 o 5 & 7 ≶ œ 4 2 \vdash ω 9 ₩ Sun ≥ % 6 4 œ \vdash ω 7 5 _

Cabin Duties

12

Cabin Roster 🙂

Unit:	
•	

Real name	Camp name	Age & Pronouns	Notes*	

* Allergies, belongings taken, dietary restrictions, meds, etc.

Radio Channels

Always have your radio on you and keep it charged!

2 - Volunteers

3 - LSHIP ♥

4 - Staff

Tips & Reminders

- ★ They don't care what you know until they know that you care
- ★ Tone set! Be firm and friendly: you're a counselor, not a friend.
- ★ Keep discipline positive (no yelling!)
- ★ Debrief everyday with your campers and with your coze.
- ★ Keep your LSHIP informed!
- ★ Ask for help!! LSHIP & Staff are here for you <3
- ★ Trust in yourself and your abilities.
- ★ Maintain a united front.
- ★ Everyone makes mistakes: apologize and move on.
- ★ Kids are kids. Have fun!
- ★ Be honest with your campers.
- ★ Stay positive, and be supportive of everyone around you.
- ★ Rule of three! <u>NEVER EVER</u> be alone with your campers!

FIRST MEETING CHECKLIST

Complete UNIT ROSTER in your crashbook and on an extra copy (turn

into Blitzen at dinner line-up) + collect medications
24hr Grace Period: Turn in all heinous items to LSHIP. Electronics and
scented items will be returned at the end of camp.
Eat food or throw it away at the lodge (pour liquids down the sink)
Check if your campers forgot necessities (sleeping bag, water bottle,
toothbrush, etc.) and let LSHIP know by dinner
Run ICEBREAKERS! (ex. 2 truths and 1 lie, speed dating, etc.)
Develop AGREEMENTS (use positive phrasing!). Write them down and
have everyone sign them. Emphasize 3 main camp rules:

Respect 🤎	Be safe 🥾	Have fun! 🎉
 Use Woodsey Language No put-downs Hands to yourself	If it doesn't have wings, it shouldn't flyRule of 3No running	• Try new things • Make memories

Emergency Lingo

Storm = Bear Thunder = Mountain Lion Rabbit = Runaway Camper Noodle = Snake
Spicy Noodle = Rattlesnake
Radio these all to staff right away!

Emergency Procedures

Radio staff for any emergency!

If an **EMERGENCY ALARM** sounds:

- → Stay calm.
- → Drop everything you're doing, even if you're in the biffy!
- → Count your campers.
- → WALK quickly and quietly to line-up
- → Count your campers again and wait quietly and calmly for further instructions

ACTIVE THREAT: (in order) Run, Hide, Fight

LAW ENFORCEMENT/ICE: Go inside, don't open the door or answer questions.

Camper Safety

- ★ NO FOOD OUTSIDE THE LODGE. Check luggage and sleeping bags.
 - Food attracts small animals, small animals attract bigger animals!
- ★ Make sure campers wash hands before meals and bedtime, or after river/lake activity.
 - Baby wipe baths are essential #selfcare!
- ★ Make sure your campers are constantly DRINKING WATER & eating adequate food @ mealtimes
 - o Tell LSHIP right away if a camper isn't eating/drinking
- ★ Keep campers within camp boundary (marked by colored tape)

Questions to Ask a Challenging Camper

Be patient and understanding, but be firm. You can ask:

- ★ What are you trying to get by doing that?
- ★ If you got it, how would that make you feel and what would you do?
- ★ If I could teach / show you a better way to get that without getting into trouble, would you like to learn it?

Meals Reminders

- ★ During line up, make sure at least one counselor is on each end of the line
- ★ Remind k-staff of dietary restrictions in your unit each meal
- ★ Remind everyone to say "please" and "thank you" to k-staff
- ★ Always say "grace" before every meal
- ★ Return unopened milk before the seconds bell rings
- ★ Send any campers that need **medications** to see the medic
- ★ Start sending campers for seconds after k-staff rings the seconds bell. Make sure only **ONE person per UNIT** is in line and that everyone <u>WALKS</u>!
- ★ Last call: after the last-call bell: send as many campers at a time as you want!

Specialist Duty Schedule

Day	Meal	Milk Duty (meet 5min before line-up at kitchen)	Pots & Pans (meet after meal in kitchen)
SUN	SUN D Sunny, Goose, & Keroppi		Ronie Macaronie & Teddy
	В	Midnight, Snail & Mimi	Sunshine & Maruchan
мон	L	Ducky, Autumn & Blackwave	Goose & Keroppi
	D	Teddy, Ronie Macaronie & Strawberry	Sunny & Midnight
	В	Sunshine, Keroppi & Jaywalker	Toyon & Lighthouse
TUES	L	Snail, Keroppi & Ducky	Autumn & Goose
	D	Triage, Mimi, & Strawberry	Maruchan & Keroppi
	В	Sunshine, Sunny, & Toyon	Triage & Midnight
WED	L	Lo-Mein, Lighthouse & Blackwave	Toyon & Mimi
	D	Jaywalker, Ronie Macaronie & Teddy	Sunshine & Strawberry
	В	Toyon, Maruchan & Ronie Macaronie	Jaywalker & Ducky
THURS	L	Lo-Mein, Ducky & Midnight	Lighthouse & Sunny
	D	Lo-Mein, Maruchan & Strawberry	Snail & Teddy
	В	Triage, Goose & Jaywalker	Lighthouse & Sunshine
FRI	L	Midnight, Ronie Macaronie & Sunny	Toyon & Ducky
	D	Toyon, Strawberry & Snail	Ronie Macaronie & Autumn
	В	Lo-Mein, Ronie Macaronie & Goose	Triage & Midnight
SAT	L	Blackwave, Snail & Jaywalker	Goose & Mimi
	D	Triage, Strawberry & Teddy	Snail & Blackwave
SUN	В	Maruchan, Autumn & Ducky	Lo-Mein & Lighthouse
SUN	L	Teddy, Lighthouse & Blackwave	Autumn & Midnight

Dance Duties

Time	Outside	Single Door	Double Door & Biffy Runs
Start-8:30p	Teddy, Nani, Snail	Strawberry (OW), Sunshine, Iris	River, Autumn, Maruchan
8:30-9p	Goose, Raven, Midnight	Birdie, Mango, Disney	Nemo, Strawberry (NW), Dragon
9-9:30p	Ducky, Summer, Triage	Toyon, Ronie Macaronie, Lo-Mein	Keroppi, Pa, Roxie
9:30-End	Slinky, Sunny, Goofy	Lighthouse, Mar, JayWalker	Prongs, Cricket, Archy

If you're not scheduled, then you're on flashlight duty! Best duty ever!!!

Duty Reminders

Pollution patrol

- Grab one trash bag from the shelf in the lodge.
- 2. Walk the length of your assigned area with a trash bag: have all campers put trash into a single bag.
- 3. Throw away the trash in the dumpster (in the parking lot).

Lodge duty

- 1. Pick up trash around the lodge and put it directly in food/paper waste.
- [All meals] Grab brooms / dustpans from outside and sweep indoors. Put any food into food waste.
- [Dinner only] At dinner, ask UniCorps or staff for help using the dry mops.

Tables

- Grab the bucket of yellow and green sponges from the dish pit.
- 2. Fill the bucket with water and soap.
- Squeeze the sponges and wipe down all of the lodge tables.

Biffy Duty

 Spray the inside of the toilet bowl with the cleaner and scrub with the long/toilet brush.

- 2. Spray the sinks with the cleaner and scrub with the **short brush** and water.
- 3. Sweep the floors
- Pick up trash from floors. Take the trash out to the dumpster in the parking lot.
 Replace with a new trash bag from the lodge.

Broom/dustpan/brushes/cleaner are in the biffy. Extra trash bags are in the lodge.

General Tips

- Keep your cabin and its biffy clean!
- Cleaning supplies should be in lodge/biffies, but ask LSHIP/UniCorps/Staff if you need any more supplies!
- Avoid biffy runs, stops to the water fountain, camp jams, and medic visits during duties! Go during the meal or after you're done.
- Make duties fun! Sing songs, make it a competition, play mind games/riddles!
- Make sure everyone is doing their fair share of the work! All units have an equal distribution of duties.
- Thanks for doing your duties and encouraging your campers to do them!
 They keep camp up and running!

Notes

Notes

