



CRASHBOOK

Session 2, 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 ♥

HI TEAM!!!!!! The time is finally here!! Our week of camp!! I am so insanely proud of each and every one of you, and I know that you are beyond capable of absolutely crushing our week of camp. Your campers (and UniCamp as a whole) are so beyond lucky to have you, even if they don't always say it to your face. If you ever need a hug, hype speech, cry, joke, pun, or anything in between please please please know you can always come to me!! I'm here for each and every single one of you and am so honored to be your SPD!! Please don't forget to stop and smell the roses throughout the week, this is what we've been training for!! You deserve to enjoy it!! YOU GOT THIS SESSION TWO!!

MWL,

Scooba

y'all. Y'all. Y'ALL!!! We are finally here at the culmination of a year of training. Each and every one of you have showed up and shown out every single day and at every single camp activity we've had. We've laughed together, been tired together, and grown together. All of you bring something unique to this session, to the point where any one of you missing would be a huge loss to the session. Just remember that even when you feel stressed or burnt out, I'm always here for you for a vent, support, or a laugh. Camp is for the kids, but don't forget to enjoy your time away from any home stressors; remember that at camp you get to be whoever you want to be.

Just remember THNEED, THNEED, THNEED

MWL,

Stumpeddy Dumpty

What's kickin chickens <3 Thank you for the 36 (and counting) new friends for life. Thank you for making camp the safest haven ever. My wildest dream for this week is that you just live it up and enjoy the moment because you truly deserve it!! Have fun, take lots and lots of pictures, did I mention have fun? You've all worked so hard and given it you're all to be here. Just by showing up for these kids, you've already done your job. If you ever need a helping hand, I'll be there at the drop of a hat. Come seek me out if you need a music jamming buddy, a giggle, a hug, or a yerba plug. WOOHOO LET'S DO THIS TEAM!!

I'm over the moon excited for you, and proud times a milly.

MWL,

Ziggy

Hey, my little truffle trees! All the hard work you've been putting in has come to fruition... I'M SO PROUD OF EACH & EVERYONE OF YOU ALL!! Camp means so much to me, and I'm so thankful that you accepted the call to give back by volunteering. Have so much fun and enjoy every single bit. Everything... the good & the bad. If you ever need to vent or punch someone in the face, come find me. I'll be your punching bag! When things get truly hard... please try to remember your why? There's a reason why you joined. Let it nourish and replenish your soul. Remember to stop and take a picture every now and then. Gaze out into nature and take it all in. Thank you for letting me be your LSHIP. I will forever be indebted to you all. LET'S FUDGING GO!!

MWL,

Big Fudge

DAY 1: Sunday, June 29th

THEME: Heading to the Forest!! (Wear your session shirt)

8:15 AM: Meet @ bus pickup

9:30 AM: Begin camper check-in

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

11:00 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!

- ★ 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: Scavenger Hunt

- ★ Complete with your Unit! Run welcome/name games during down time!
- ★ Specialist orientations

5:55 PM: Dinner line-up (Corps will review meal procedures/duties)

6:00 PM: Dinner (bring completed unit roster, pre-surveys/pencils, and labeled confiscated items for collection)

6:45 PM: Dinner duties: _____

- ★ See Page 12 for duties

7:15 PM: Get cozy!!

- ★ Change into warm clothes and get ready for the Night Activity!!!
- ★ Work with your Co to come up with an Opening Campfire Skit to introduce yourselves!

8:00 PM: Opening campfire

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

10:30 PM: ✧ Lights out! ✧

10:45 PM: Counselor campfire #1 (one person from each co team) @ Lodge

11:15 PM: Counselor campfire #2 (other person from each co team) @ Lodge

DAY 2: Monday, June 30th

THEME: *Speak for your School!! (School Spirit Day/College Gear)*

6:15 AM: *Optional morning **yoga** in the Lodge*

7:00 AM: Wake up! ☀️

7:55 AM: Line-up

8:00 AM: Breakfast

8:45 AM: Breakfast duties: _____

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: _____

2:30 PM: All Camp Programming! Plant your Unit Plant @ Lodge

3:30 PM: Snack @ Lodge

4:00 PM: Rotation #4 _____

5:15PM: Cabin Time

5:55 PM: Line-up

6:00 PM: Dinner

6:45 PM: Dinner duties: _____

7:30 PM: Get ready in cabins

8:15 PM: Night Activities

★ Even Units: Karaoke/Board Games/Movie @ Lodge

★ Odd Units: Night Hike

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

10:30 PM: ✧ Lights out! ✧

10:45 PM: Counselor campfire (alternate each day with your co!) @ Lodge

DAY 3: Tuesday, July 1st

THEME: *Truffula Tree Tuesday (Earth Day - Wear blues, greens, and browns!)*

6:15 AM: *No Morning Activity, sleep in!*

7:00 AM: Wake up! ☀️

7:55 AM: Line-up

8:00 AM: Breakfast

8:45 AM: Breakfast duties: _____

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: _____

2:30 PM: Rotation #4: _____

3:30 PM: Snack @ Lodge

★ Units 1 and 9 go to Corps' Sustainability through Fashion Fair!

4:00 PM: Rotation #5: _____

5:15 PM: Cabin Time

5:55 PM: Line-up

6:00 PM: Dinner

6:45 PM: Dinner duties: _____

7:30 PM: Get ready in cabins

8:15 PM: Night Activities

★ Even Units: Night Hike

★ Odd Units: Karaoke/Board Games/Movie @ Lodge

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

10:30 PM: ✧ Lights out! ✧

10:45 PM: Counselor campfire (alternate each day with your co!) @ Lodge

DAY 4: Wednesday, July 2nd

THEME: Team Up with the Trees! (Wear your favorite sports gear!)

6:15 AM: *Optional Morning Hike!! Meet at the Lodge!*

7:00 AM: Wake up! ☀️

7:55AM: Line-up

8:00 AM: Breakfast

8:45 AM: Breakfast duties: _____

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: _____

2:30 PM: WALL send-off and Fashion Show!! @ Lodge

3:30 PM: Snack @ Lodge

★ Units 2, 7, and 8 go to Corps' Sustainability through Fashion Fair!

4:00 PM: Teach Harmony: Play a Camp Wide Game @ Campfire!

4:45 PM: Grow you Trees: Unit Time!!

5:55 PM: Line-up

6:00 PM: Dinner

6:45 PM: Dinner duties: _____

7:30 PM: Get ready for Night Programs

8:15 PM: Night Activity: Mid-Week Campfire!!

9:30 PM: Cabin chats, get ready for bed

10:30 PM: ✧ Lights out! ✧

10:45 PM: Counselor campfire #1 (one person from each co team) @ Lodge

11:15 PM: Counselor campfire #2 (other person from each co team) @ Lodge

DAY 5: Thursday, July 3rd

THEME: Lorax Lounge Day! (PJ Day!)

6:15 AM: No Morning Activity, sleep in!

7:00 AM: Wake up! ☀️

7:55 AM: Line-up

8:00 AM: Breakfast

8:45 AM: Breakfast duties: _____

9:30 AM: Rotation #1: _____

10:45 AM: Rotation #2: _____

11:55 AM: Line-up (& WALL return!)

12:00 PM: Lunch

12:45 PM: Lunch duties: _____

1:30 PM: Rotation #3: _____

2:45 PM: Rotation #4: _____

3:30 PM: Snack @ the Lodge!

★ Units 3, 4, 5, and 6 go to Corps' Sustainability through Fashion Fair!

4:00 PM: Rotation #5: _____

5:15 PM: Cabin Time

5:55 PM: Line-up

6:00 PM: Dinner

6:45 PM: Dinner duties: _____

7:30 PM: Get ready for Dance

8:00 PM: Woodsey Dance at the Lodge!!

★ See Page 17 for Dance Duties

10:00 PM: Cabin chats, get ready for bed

10:30 PM: ✧ Lights out! ✧

10:45 PM: Counselor campfire (alternate each day with your co!) @ Lodge

DAY 6: Friday, July 4th

THEME: Truffula Tie Dye!! (Wear your favorite Tie Dye apparel!)

6:15 AM: *Optional Morning Activity: Polar Plunge at the Pool!!*

7:00 AM: Wake up! ☀️

7:55 AM: Line-up

8:00 AM: Breakfast

8:45 AM: Breakfast duties: _____

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: WALL Show and Tell and Planting Individual Plants!

- ★ Units 1, 2, 7, 8, 9 start with WALL Show and Tell at Camp Fire
- ★ Units 3, 4, 5, 6 start with Gardening at the Lodge
- ★ Listen for a message from LSHIP on when to switch!

3:30 PM: Snack @ the Lodge!

4:00 PM: Unit Time!!

5:00 PM: Rotation #3: _____

5:55 PM: Line-up

6:00 PM: Dinner

6:45 PM: Dinner duties: _____

7:30 PM: Get ready for Talent Show

8:15 PM: Night Activity: Talent Show!!

- ★ Put on by our very own Corps!!
- ★ Please support each and every camper that gets on stage!!

10:00 PM: Cabin chats, get ready for bed

10:30 PM: ✧ Lights out! ✧

10:45 PM: Counselor campfire (alternate each day with your co!) @ Lodge

DAY 7: Saturday, July 5th

THEME: Be an Earth Hero!! (Dress up as a Superhero!)

6:15 AM: *Optional Morning Activity: Arts and Crafts*

7:00 AM: Wake up! ☀️

7:55 AM: Line-up

8:00 AM: Breakfast

8:45 AM: Breakfast duties: _____

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: _____

2:30 PM: Alumni day @ lodge

★ Snack given out in the middle of alumni day!

4:30 PM: Rest in cabins & prep Unit Skit for Closing Campfire!

★ Let the campers take the lead on the Closing Campfire Skit! This is their chance to shine!

5:55 PM: Line-up

6:00 PM: Dinner

6:45 PM: Dinner duties: _____

7:30 PM: Get ready for Campfire

8:15 PM: Closing Campfire!

★ With a special surprise snack at the end!

10:00 PM: Cabin chats, get ready for bed + pack as much as you can!

10:45 PM: ✧ Lights out! ✧

10:45 PM: Counselor campfire (alternate each day with your co!) @ Lodge

DAY 8: Sunday, July 6th

THEME: Return to Thneedville! (Wear your session shirt)

6:30 AM: Wake up! ☀️

- ★ PACK LUGGAGE
 - ★ Take luggage to tarps on your way to breakfast
-

7:55 AM: Line-up

8:00 AM: 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 AM: Breakfast duties: _____

9:30 AM: CABIN CLEAN-UP

- ★ 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****

10:15 AM: Unit Closing Chapel/Activities (start once you're done with cabin clean-up)

11:30 AM: Hang out and exchange contact info at the Lodge!

- ★ Make your way over to the Lodge when you're done with your Closing Chapel!
-

11:55 AM: Last line-up! 😞

12:00 PM: Lunch

12:45 PM: Lunch duties: _____

- ★ Give phones back once duties are done
-

1:00 PM: Buses Arrive at 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: Arrive 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! You were amazing this week!! <3

- ★ Write down those memories before you forget them!
- ★ Send photos to staff@unicamp.org :)
- ★ Maybe see you later 🙏

Cabin Duties

	Sun	Mon			Tues			Wed			Thu			Fri			Sat			Sun	
	D	B	L	D	B	L	D	B	L	D	B	L	D	B	L	D	B	L	D	B	L
Lodge PP	1	8	5	3	7	3	4	2	10	6	1	9	7	5	3	8	W	6	10	9	W
Upper Trail PP	2	W	6	1	9	10	5	3	W	7	4	2	8	6	1	9	10	7	5	3	2
Lower Trail PP	3	5	9	2	10	6	7	1	9	8	5	3	W	4	2	10	9	8	6	1	3
Boys Biffy	4	1	10	7	W	1	6	5	2	W	8	4	1	9	10	7	3	5	W	2	1
Girls Biffy	5	2	W	8	1	4	9	6	3	9	7	5	2	10	W	1	6	3	7	4	9
Lodge Tables	7	4	1	W	6	7	2	9	2	1	10	6	5	3	7	W	8	9	2	5 & 10	7 & 8
Sweep Lodge (& dry mop @ dinner)	10	7	4	9	8	9	3	10	5	2	W	8	6	2	9	5	4	1	7	W	6
Dishes	W & 8	9 & 10	7 & 8	5 & 6	3 & 4	1 & 2	W & 10	8 & 9	6 & 7	4 & 5	2 & 3	W & 1	9 & 10	7 & 8	5 & 6	3 & 4	1 & 2	W & 10	8 & 9	5 & 7	4 & 5

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! NEVER EVER** 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 ♥ <ul style="list-style-type: none">• Use Woodsey Language• No put-downs• Hands to yourself	Be safe 🥾 <ul style="list-style-type: none">• If it doesn't have wings, it shouldn't fly• Rule of 3• No running	Have fun! 🎉 <ul style="list-style-type: none">• Try new things• Make memories
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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
 - 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 also 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 WALKS!
- ★ 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	D	Roly Poly & Ladybug	Panini, Elf, Stumpedy Dumpty
MON	B	926 & Bear	Kiwi & Froggi
	L	Skye & Elf	Ladybug & 926
	D	Roly Poly & Froggi	Skye, Panini, Ziggy
TUES	B	Froggi & Panini	Bear & Kiwi
	L	Bear & Skye	Roly Poly & Ladybug
	D	Ladybug & Roly Poly	Bear, Elf, Scooba
WED	B	Froggi & Bear	Roly Poly & 926
	L	Roly Poly & Elf	Froggi & Panini
	D	Panini & Froggi	Roly Poly, Kiwi, Big Fudge
THURS	B	Ladybug & 926	Elf & Bear
	L	Elf & Kiwi	Panini & Ladybug
	D	Panini & Bear	Elf, Roly Poly, Stumpedy Dumpty
FRI	B	926 & Skye	Froggi & Elf
	L	Froggi & Panini	Bear & 926
	D	Bear & Ladybug	Froggi, Panini, Ziggy
SAT	B	Ladybug & Roly Poly	926 & Skye
	L	926 & Kiwi	Ladybug & Bear
	D	Elf & Ladybug	926, Roly Poly, Scooba
SUN	B	Roly Poly & Skye	Panini & Elf
	L	926 & Bear	Ladybug & Froggi

Dance Duties

Time	Outside	Single Door	Double Door & Biffy Runs
Start-8:30p	Remy, Ceiba, Chewy, Olive, Beau	Ladybug, Saturn	Buzz, 926, Beau, Ninja, Star, Diva, Domo
8:30-9p	Strawberry Shortcake, Bear, Cloud, Morning Dew, Kiwi	Maple, Panini	Boots, Elf, Froggi, Huckleberry, Spud, Psyduck, Pigeon
9-9:30p	Domo, Diva, Freckles, Pigeon, Nova	Spoke, Otter	Remy, Ceiba, Chewy, Olive, Ladybug, Saturn, Strawberry Shortcake
9:30-End	Boots, Elf, Froggi, Huckleberry, Skye	Psyduck, Spud	Morning Dew, Bear, Cloud, Maple, Panini, Spoke, Otter

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

Duty Reminders

Pollution patrol

1. 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.
2. [All meals] Grab brooms / dustpans from outside and sweep indoors. Put any food into food waste.
3. [Dinner only] At dinner, ask UniCorps or staff for help using the dry mops.

Tables

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

Biffy Duty

1. 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
4. 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

Camp Pine Mountain



SITE MAP

Highway 38

Amphitheater
• I-Games

Specialists

9 8

7 6

Units 5-9
Biffy

Pool

5

Arts & Crafts
Campfire
Dance,
STEM
Gaga

Lodge
AED

Line-Up

Volleyball
• Rec

Archery

Health
Tent
Staff

Basketball
Staff
Staff

LSHIP

3 2 1

Units 1-4
Biffy

OCP Lodge

• Biking, nature,
lake

- Cabin
- Line-Up
- Tent
- Trail
- Biffy
- Health Tent
- Water Fountain
- Site Boundary
- Clearing
- Parking
- Off-Site Trailhead

Biffy gender may change session-to-session on change day.
Follow the signs posted on the door.
Updated May 25, 2023

