



CRASHBOOK

Session 4 | July 13–20, 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 ♥

My beautiful, lovely session, heyyy!! Isn't it so crazy that our week of camp is literally here, like WHAT! Guys I just wanna say how proud I am to have seen you all grow into such amazing leaders, it was YOU that made this session what it was!! Thank you for being such great volunteers and now counselors :) Remember tho.. take breaks, breathe, drink some water, and maybe yell if you need it! We are here to support you with whatever you may need, so come to any of us if you just need a moment :3 You are capable of anything you put your mind to, so let's make this week the best one ever :D YAYAYAYAY WE MADE IT!! Love y'all always Session Four <3

MWL,

Link 

Heyyyyy Chattt!!! The time has arrived can you believe it! You've worked so hard all year and now it's time for you to put everything you've learned to good use. We've watched y'all grow through every training and situational and just know that LSHIP is so proud of you and we know y'all are gonna kill it trust!! You are all such smart, amazing, and capable leaders who have grown so much throughout the year. The passion and dedication you've put into camp and making a difference for this kids truly shows, and it warms my heart every time i think about it.. This group is genuinely the most kind, caring, and funny group I've ever met, with ya'll having me dying of laughter in and out of trainings and especially the discord. Thank you for being such amazing volunteers, and now it's time for you to leave your mark on UniCamps legacy & these children's lives. I truly mean it when I say I couldn't have asked for better volunteers. Remember to enjoy ur moment and smell the camp roses, and even when things get tough remember to just keep swimming!! :)

MWL,

Ace 

HI SESH 4! I can't believe our week of camp is finally here :,) You guys have put in THE WORK and it's finally your time to shine ☆. I can't stress enough how happy I am to have you guys as our sessions' volunteers like y'all are the best. It's been amazing seeing you guys grow out of your shell and evolve into the leaders you are now. I am confident that every one of you is capable of the world and will give these kids an amazing summer camp experience. Don't be afraid to reach out to LSHIP when in doubt and take breaks whenever you can. Lastly, have just as much fun as the campers! <3

MWL,

Lychee 

Hi stinks!! I just want to start off by saying that I am so absolutely proud of how much you guys have grown since the first meeting in February. You all have been the best volunteers that I could have ever asked for, you are truly some of the funniest people to be around, and I love being around y'all. The energy that you guys bring is incomparable. Being up the mountain may now seem a little scary, a little intimidating, but I know that you guys are so ready for this. The growth says it all, I believe in every single one of you as counselors. Trust in your abilities and have confidence in yourself. I know I believe in you guys. Don't forget to give yourself grace throughout the week, you are doing so much in just being here for these kids. You don't have to be perfect, be here for the kids and have fun! Take breaks as needed and know that you can come to LSHIP for help along the way. We are here to help you and support you!! Best of luck, I LOVE YOU GUYS!!!

MWL,

Rio 

DAY 1: Sunday, July 13th

THEME: Session Pride  (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!

- ★ 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
 - ★ Camp tour & meal procedures/duties (led by UniCorps)
 - ★ Run welcome programs/games in your unit
 - ★ Specialist orientations
-

5:45 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: _____

7:15 PM: Get ready in cabins

- ★ Change into warm clothes ~

8:15 PM: Opening campfire

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

10:30 PM: ✧ Lights out! ✧

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

11:15 PM: Counselor campfire #2 (other half) @ Lodge

DAY 2: Monday, July 14th

THEME: Dress as your Camp Name 🥕

6:00 AM: No morning activity

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: _____

1:15 PM: Nemo's Rizzlers' Tournament

2:15 PM: Rotation #3: _____

3:30 PM: Snack

4:00 PM: Rotation #4: _____

5:15 PM: Unit Time

5:55 PM: Line-up

6:00 PM: Dinner

6:45 PM: Dinner duties: _____

7:15 PM: Get ready in cabins

8:15 PM: Night Activities

★ Youngest: Karaoke / Games in lodge

★ Oldest: Night hike (meet at line-up)

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!)

DAY 3: Tuesday, July 15th

THEME: UCLA / Career Day !!

6:00 AM: *Optional morning activity: **Morning Stretch + Yap***

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: _____

1:15 PM: Turtley Tubular Turtle Fam & the Extravagant Sun

2:15 PM: Rotation #3: _____

3:30 PM: Snack

4:00 PM: Rotation #4: _____

5:15 PM: Unit Time

5:55 PM: Line-up

6:00 PM: Dinner

6:45 PM: Dinner duties: _____

7:15 PM: Get ready in cabins

8:15 PM: Night Activities

- ★ Youngest: Night hike (meet at line-up)
- ★ Oldest + OCP: Karaoke / Games in lodge

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

10:30 PM: ✧ Lights out! ✧

10:45 PM: Counselor campfire

DAY 4: Wednesday, July 16th

THEME: Match with your Unit 🦊🦊

6:00 AM: *No morning activity*

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: _____

1:15 PM: Dory's Dreamers Battle Royale

2:15 PM: Rotation #3: _____

3:30 PM: Snack

4:00 PM: Thrift Fair by CORPS

5:15 PM: Unit Time

5:55 PM: Line-up

6:00 PM: Dinner

6:45 PM: Dinner duties: _____

7:15 PM: Get ready in cabins


8:15 PM: Halfway Campfire

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

10:30 PM: ✧ Lights out! ✧

10:45 PM: Counselor campfire

DAY 5: Thursday, July 17th

THEME: *Why is this in my Suitcase?* 

6:00 AM: *Optional morning activity: Morning Hike*

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 Welcome

12:00 PM: Lunch

12:45 PM: Lunch duties: _____

1:15 PM: Crafts with Shark Bait OOH HA HA

2:15 PM: Rotation #3: _____

3:30 PM: Snack

4:00 PM: Prep for Fashion Show

4:45 PM: Fashion Show led by WALL

5:55 PM: Line-up

6:00 PM: Dinner

6:45 PM: Dinner duties: _____

7:15 PM: Prep for Talent Show / Unit time

8:15 PM: Talent Show led by CORPS

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

10:30 PM: ✧ Lights out! ✧

10:45 PM: MANDATORY Counselor campfire

★ Campfire #1: 10:45 PM

★ Campfire #2: 11:15 PM

DAY 6: Friday, July 18th

THEME: Backwards Day 🤪

6:00 AM: No morning activity

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: _____

11:45 AM: Line-up + Woodsey Courting

12:00 PM: Lunch

12:45 PM: Lunch duties: _____

1:15 PM: Unit time

1:45 PM: Rec Tournament

★ Brought to you by CORPS

3:30 PM: Snack

4:00 PM: Rotation #3: _____

5:15 PM: Unit time

5:55 PM: Line-up

6:00 PM: Dinner

6:45 PM: Dinner duties: _____

7:15 PM: Get ready for dance / Unit time

8:30 PM: Woodsey Dance

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

10:30 PM: ✧ Lights out! ✧

10:45 PM: Counselor campfire

DAY 7: Saturday, July 19th

THEME: Gone Fishing (Beach Day) 🐟🎣

6:00 AM: *Optional morning activity: **Polar bear plunge***

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: _____

1:00 PM: Alumni Day

3:30 PM: Snack

4:00 PM: Alumni Day

5:15 PM: Unit time / Prep for campfire skits

5:55 PM: Line-up

6:00 PM: Dinner

6:45 PM: Dinner duties: _____

7:15 PM: Get ready for Closing Campfire

8:00 PM: Closing Campfire

★ OCP Storytime

★ Unit Skits

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

10:30 PM: ✧ Lights out! ✧

10:45 PM: Counselor campfire

DAY 8: Sunday, July 20th

THEME: We found Nemo  (session shirts!)

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: _____

9:15 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 activities

- ★ Start once you're done with cabin clean-up

11:30 AM: Session slideshow & autograph books @ lodge

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: 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: 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 :)

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 | | | |
| Lodge PP | 4 | 8 | 5 | 6 | 7 | 1 | 3 | 9 | 5 | 6 | 7 | 9 | 2 | 8 | 4 | 5 | 3 | 9 | 1 | 6 | 7 |
| Upper Trail PP | 6 | 9 | 1 | 7 | 8 | 2 | 4 | 5 | 6 | 7 | 8 | 2 | W | 3 | 5 | 4 | 6 | 2 | W | 7 | 8 |
| Lower Trail PP | 7 | 1 | 9 | 3 | 2 | 3 | 1 | 4 | 1 | 8 | 6 | 8 | 5 | 9 | 7 | 8 | 7 | 4 | 5 | 9 | 5 |
| Boys Biffy | 5 | 7 | 6 | 8 | 9 | 6 | 5 | 7 | 8 | 5 | 9 | 7 | 6 | W | 8 | 9 | 5 | 6 | 7 | 8 | 9 |
| Girls Biffy | 1 | 2 | 3 | W | 1 | 4 | 2 | 3 | 4 | 1 | 2 | 3 | 4 | 1 | 3 | 2 | 4 | 1 | 3 | 2 | 4 |
| Lodge Tables | 2 | 3 | W | 4 | 5 | 7 | 8 | 6 | 9 | 2 | 1 | 4 | 9 | 5 | 6 | 7 | 1 | 8 | 9 | 3 | 2 |
| Sweep Lodge & dry mop @ dinner) | 3 | W | 4 | 5 | 6 | 8 | 9 | 2 | 7 | 3 | 4 | 5 | 1 | 2 | 9 | 6 | 2 | 3 | 8 | 4 | 1 |
| Dishes | W & 9 | 5 & 6 | 7 & 8 | 1 & 2 | 3 & 4 | 5 & 9 | 6 & 7 | 1 & 8 | 2 & 3 | 4 & 9 | 3 & 5 | 1 & 6 | 7 & 8 | 4 & 6 | W & 2 | 1 & 3 | 8 & 9 | 5 & 7 | 2 & 4 | W & 1 | 3 & 6 |

Cabin Roster 😊

Unit: _____

| Real name | Camp name | Age & Pronouns | Notes* |
|-----------|-----------|----------------|--------|
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** 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 |
|--|--|---|

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 | Yoshi & Lava | Ace, Bubbles & Twilight |
| MON | B | Shelly & Onyx | Link, Huckleberry & Dash |
| | L | Bubbles & Twilight | Lychee, Yoshi & Shelly |
| | D | Huckleberry & Dash | Rio, Lava & Onyx |
| | | | |
| TUES | B | Yoshi & Shelly | Link, Bubbles & Huckleberry |
| | L | Lava & Onyx | Ace, Twilight & Dash |
| | D | Bubbles & Huckleberry | Lychee, Yoshi & Onyx |
| WED | B | Twilight & Dash | Rio, Lava & Shelly |
| | L | Yoshi & Onyx | Link, Bubbles & Dash |
| | D | Lava & Shelly | Ace, Twilight & Huckleberry |
| THURS | B | Bubbles & Dash | Lychee, Yoshi & Lava |
| | L | Twilight & Huckleberry | Rio, Bubbles & Shelly |
| | D | Yoshi & Lava | Link, Onyx & Dash |
| FRI | B | Bubbles & Shelly | Ace, Yoshi & Twilight |
| | L | Onyx & Dash | Lychee, Lava & Huckleberry |
| | D | Yoshi & Twilight | Rio, Shelly & Dash |
| SAT | B | Lava & Huckleberry | Link, Bubbles & Onyx |
| | L | Shelly & Dash | Ace, Yoshi & Huckleberry |
| | D | Bubbles & Onyx | Lychee, Lava & Twilight |
| SUN | B | Lava & Yoshi | Link, Shelly & Onyx |
| | L | Twilight & Huckleberry | Rio, Bubbles & Shelly |

Dance Duties

| Time | Outside | Single Door | Double Door & Biffy Runs |
|--------------------|------------------------|--------------|------------------------------|
| Start-8:30p | Shelly, Oso, Chip Clip | Rex, Soul | Spiderman, Huckleberry, Lava |
| 8:30-9p | Ghost, Pinky, Sunshine | Chub, Juno | Tomcat, Lost & Found |
| 9-9:30p | Bubbles, Echo, Kuromi | kpeezy, Mo | Mariposa, Strawberry, Archy |
| 9:30-End | Dash, Onyx, Twilight | Jumex, Yoshi | Mink, Kat, Swiss Cheese |

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

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