



CRASHBOOK

Session 3 | July 6–13, 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 ♥

Hola hola! Session 3 my fave people!! I'm genuinely happy to be surrounded by such amazing people who are spirited and committed to change. Being up the mountain is going to push your limits BUT you will do so amazing! Don't forget we are here to always support. I am here for you always! I'm so excited to see you with our campers - you're going to love them! :D

MWL,

Mickey

Hey Hey Listen Up Listen Up!

Ahhh, Sesh 3 — the time is finally here!

It's *our* week of camp, and I couldn't be more excited. I have complete confidence that each and every one of you is going to do incredible things. You're not only going to make a lasting impact on the kids, but on each other as well. Believe in yourselves—because you've got this! You were trained by the best (hehehe), and you're capable of more than you even realize. I can't wait to see you shine, to grow, and to learn from all of you too. This week is only possible because of **you**, and for that, I am endlessly grateful. When the days get tough, take a breath and remember why you're here. We're in this together—and now, we're **4LIFERS!!!**

MWL,

Truth

Heyy Sesh 3 !!! It's time for our week of camp and I know it will be AMAZING !! Thank you for being a part of our Unicamp family and making the camp experience everything that it is. From our training, socials, to retreats the vibes have always been wonderful. You are the best counselors I could have asked for and the campers are going to love you. Remember to be kind to yourselves up the mountain and lean on one another for support !! I'm sooo excited to see how the week will go and see everyone be role models and counselors for their campers. It will be a week filled with laughter and unforgettable memories. Thank you for making session 3 possible, I wouldn't have it any other way. <3

MWL,

Ivy

Hey you, yeah you. Thanks for being part of this session in the first place, you're gonna do wonderful things this week, I know it! I'm your LSHIP after all... nah jus kidding, it's all you, everything you learned, every ounce of passion you're gonna give, and every heart you're going to change is because of your hard work! We couldn't have asked for better volunteers nor I for better friends. So go out there and Get Them! Get those memories, fun times, and warm fuzzies! <3

MWL,

River

DAY 1: Sunday, July 6th

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
-

3:00 PM: Scavenger Hunt

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: _____

7:15 PM: Get ready in cabins

- ★ Change into warm clothes ~

8:15 PM: Opening campfire

9:45 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 of volunteers) @ Lodge

DAY 2: Monday, July 7th

THEME: Disney Day

6:00 AM: *Optional Morning (Yoga)*

★ Meditation/Mindfulness

7:00 AM: Wake up! ☀️

7:55 AM: Line-up

8:00 AM: Breakfast

8:45 AM: Breakfast duties

9:00 AM: Rotation #1: _____

10:05 AM: Head to TVN

10:15 AM: The Village Nation Assembly

11:15 AM: Cabin Time

11:55 AM: Line-up

12:00 PM: Lunch

12:45 PM: Lunch duties

1:30 PM: Rotation #2: _____

2:30 PM: Rotation #3: _____

3:30 PM: Snack

3:45 PM: Rotation #4: _____

4:45 PM: The Village Nation Assembly

5:55 PM: Line-up

6:00 PM: Dinner

6:45 PM: Dinner duties

7:15 PM: Get ready in cabins

8:00 PM: Night Activities

★ Karaoke/LSHIP Games @ 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!)

DAY 3: Tuesday, July 8th

THEME: Blue and Gold (UCLA)

6:00 AM: Optional Morning (**Hike**)

★ Inspiration Point

7:00 AM: Wake up! ☀️

7:55 AM: Line-up

8:00 AM: Breakfast

8:45 AM: Breakfast duties

9:00 AM: Rotation #1: _____

10:15 AM: The Village Nation Assembly

11:15 AM: Cabin Time

11:55 AM: Line-up

12:00 PM: Lunch

12:45 PM: Lunch duties

1:30 PM: Rotation #2: _____

2:30 PM: Rotation #3: _____

3:30 PM: Snack

3:45 PM: Rotation #4: _____

4:45 PM: The Village Nation Assembly

5:55 PM: Line-up

6:00 PM: Dinner

6:45 PM: Dinner duties

7:15 PM: Get warm for Night Programs

8:00 PM: Night Activities

★ Unit Night

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

10:30 PM: ✧ Lights out! ✧

10:45 PM: Counselor campfire

DAY 4: Wednesday, July 9th

THEME: PJ Day

6:00 AM: *Optional morning (Arts and crafts)*

7:00 AM: Wake up! ☀

7:55 AM: Line-up

8:00 AM: Breakfast

8:45 AM: Breakfast duties

9:00 AM: Rotation #1: _____

10:05 AM: Head to TVN

10:15 AM: The Village Nation Assembly

11:15 AM: Cabin Time

11:55 AM: Line-up

12:00 PM: Lunch

12:45 PM: Lunch duties

1:30 PM: Rotation #2: _____

2:30 PM: WALL Send off!

2:35 PM: Rotation #3: _____

3:30 PM: Snack

3:45 PM: Rotation 4: _____

4:45 PM: The Village Nation Assembly

5:55 PM: Line-up

6:00 PM: Dinner

6:45 PM: Dinner duties

7:00 PM: Get ready for Night Programs

8:00 PM: Night Activities

★ Dance @lodge w/ TVN DJ! YAYAYA

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

10:30 PM: ✧ Lights out! ✧

10:45 PM: Counselor campfire #1

11:15 PM: Counselor campfire #2

DAY 5: Thursday, July 10th

THEME: Sports Day

6:00 AM: *Optional Morning (Rec)*

7:00 AM: Wake up! ☀️

7:55 AM: Line-up

8:00 AM: Breakfast

8:45 AM: Breakfast duties

9:00 AM: Rotation #1: _____

10:05 AM: Head to TVN

10:15 AM: The Village Nation Assemble

11:15 AM: Cabin Time/Debrief

11:55 AM: Line-up

12:00 PM: Lunch

12:45 PM: Lunch duties

1:30 PM: Rotation #2: _____

2:30 PM: Rotation #3: _____

3:30 PM: Snack

3:45 PM: WALL Storytime (Cabin time if it finishes early)

4:45 PM: The Village Nation Assembly

5:55 PM: Line-up

6:00 PM: Dinner

6:45 PM: Dinner duties:

7:00 PM: Get warm ready for night activity

8:00 PM: Night Activity

★ Mid-week Campfire (Fashion Show and games)

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

10:30 PM: ✧ Lights out! ✧

10:45 PM: Counselor campfire

DAY 6: Friday, July 11th

THEME: Hero Day !

6:00 AM: *Optional Morning (Polar bear plunge)*

7:00 AM: Wake up! ☀️

7:55 AM: Line-up

8:00 AM: Breakfast

8:45 AM: Breakfast duties:

9:00 AM: Rotation #1: _____

10:15 AM: The Village Nation Assembly

11:15 AM: Cabin Time/Debrief

11:55 AM: Line-up

12:00 PM: Lunch

12:45 PM: Lunch duties:

1:30 PM: Rotation #2: _____

2:30 PM: Rotation #3: _____

3:30 PM: Snack

3:45 PM: Rotation #4: _____

4:45 PM: The Village Nation Assembly

5:55 PM: Line-up

6:00 PM: Dinner

6:45 PM: Dinner duties

7:00 PM: Get ready for Talent show

8:00 PM: Night Activity

★ Talent Show @ lodge

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

10:30 PM: ✧ Lights out! ✧

10:45 PM: Counselor campfire

DAY 7: Saturday, July 12th

THEME: 90s/y2k Style

6:00 AM: *Optional morning (Camper's choice)*

7:00 AM: Wake up! ☀️

7:55 AM: Line-up

8:00 AM: Breakfast

8:45 AM: Breakfast duties

9:00 AM: Rotation #1: _____

10:15 AM: The Village Nation Assembly

11:15 AM: Unit time

11:45 AM: Lunch Lineup

12:00 PM: Lunch

12:45 PM: Lunch duties

1:30 PM: Rotation #2: _____

2:30 PM: Alumni Day Carnival

3:15 PM: Snack

4:45 PM: The Village Nation Assembly

5:55 PM: Line up

6:00 PM: Dinner

6:45 PM: Dinner duties

7:00 PM: Get ready for Campfire (Unit Skits!)

8:15 PM: Closing campfire

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 #1

11:15 PM: Counselor campfire #2

DAY 8: Sunday, July 29th

THEME: Session Pride! (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: _____

9:00 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****

10:00 AM: Unit closing activities

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

11:15 AM: TVN & All Camp Goodbye Session

- ★ slideshow & autograph books @ lodge
-

11:55 AM: Last line-up! 😞

- ★ Don't go back to your cabin!

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!

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

Cabin Roster 😊

Unit: _____

Real name	Camp name	Age & Pronouns	Notes

Note 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/Meal Service	Pots & Pans
SUN	D	Luckee & Buggaboo	Joy & Pookie Bear
MON	B	Rosie & Jelly Bean	Bunny & Osita
	L	Pink Daisy & Rosie	Moose, Daisy, & Autumn
	D	Bunny & Pookie Bear	Luckee, Osita, & Pink Daisy
TUES	B	Moose & Buggaboo	Jelly Bean & Daisy
	L	Jelly Bean & Daisy	Bunny, Luckee, & Rosie
	D	Osita & Moose	Pookie Bear, Autumn & Buggaboo
WED	B	Buggaboo & Bunny	Joy & Moose
	L	Rosie & Moose	Daisy, Jelly Bean & Osita
	D	Joy & Jelly Bean	Autumn, Pookiebear & Daisy
THURS	B	Moose & Daisy	Luckee & Pink Daisy
	L	Daisy & Pink Daisy	Osita, Bunny, and Rosie
	D	Rosie & Luckee	Jelly bean & Buggaboo
FRI	B	Jay & Osita	Moose & Autumn
	L	Jelly Bean & Bunny	Buggaboo, Osita, & Joy
	D	Autumn & Daisy	Rosie, Luckee, Bunny
SAT	B	Pookiebear & Moose	Autumn & Buggaboo
	L	Joy & Rosie	Bunny, Autumn & Moose
	D	Daisy & Pookie Bear	Luckee, Jelly Bean, & Bunny
SUN	B	Moose & Autumn	Pink Daisy & Rosie
	L	Osita & Moose	Luckee, Daisy, & Pink Daisy

Dance Duties

Time	Near Door	Far Door	Outside & Biffy Runs
Start-8:30p	Smiley, Green Bean, Bunny, Pookie Bear	Cricket, Saffron, Moose, Rosie	Jaguar, Pa, Jaywalker, Osita, Airell
8:30-9p	Mickey, Cold Brew, Sky, Patience	Roxy, Iris, Latte, Acorn	Marsh, River, Daisy, Ginger Snap
9-9:30p	Buggaboo, Luckee	Cerulean, Pink Daisy	Truth, Ivy, Bunny, Jelly Bean

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

Duty Reminders

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!

Biffy Duty

Broom/dustpan/brushes/cleaner are in the biffy. Extra trash bags are in La La (next to the kitchen).

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.

Pollution Patrol

1. Grab **one** trash bag from the shelf in La La (next to the kitchen).
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 inside the lodge and on the deck, and put it directly in food/paper waste.
2. Grab brooms / dustpans from outside and sweep indoors. Put any food into food waste.
3. *Dinner only:* Ask UniCorps or staff for help using the dry mops then dry mop the inside of the lodge.

Tables

1. Grab the white bucket from dish pit and the colored rags. (UniCorps will fill the bucket with warm, soapy water.)
2. Squeeze out the rags and wipe down all of the lodge tables (try not to leave them very wet!)

Notes

Notes

Camp Pine Mountain



SITE MAP

Highway 38

Amphitheater
• I-Games

Specialists

9 8

7 6

Units 5-9
Biffy

Pool

LSHIP 4

3 2 1

Units 1-4
Biffy

5

Arts & Crafts •
Campfire

Line-Up

Alpine

Dance,
STEM

Volleyball
Rec

Staff

Basketball
Staff

Archery

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

OCP Lodge

• Biking, nature,
canoeing



Updated June 8, 2024