

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.

# **Notes**—•\*••\*•••\*•——



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### ▼ ENCOURAGEMENT FROM LSHIP ▼



WOO GO WILDCATS! <3 This entire experience has been such a dream come true, I am forever grateful to be on this crazy and unique ride with you. My coze and I thank you from the bottom of our woodsey hearts for showing the world what the woodsey magic is all about. Consider me your number one fan, I am so excited for the campers to adore you the same way I do. Wishing you an endless amount of fun this week, as this is YOUR week too. If there is one thing that makes me happier than having watched Disney Channel during the 2000's is seeing you all embrace our theme. Never forget that "We're All In This Together" and that "Life's What You Make It, So Let's Make It Rock!" Time to ♪pump up the party♪, WE GOT THIS! The next time you see me I will probably make you shake your booty, okay tty!!

MWL 5EVER,

 $\mathbf{Pink} \heartsuit \, \mathbf{Daisy}$ 

SESH 5 YOU DID IT!! There is so much I want to say to each and every one of you, but I only have a little box so I will be brief. You are all so uniquely talented, kind, funny, and most of all passionate—not just for UniCamp but for all that you do in life. It has been one of the greatest joys being your LSHIP, and I hope you know that if any of you were

to need anything up or down the mountain, I'm here. You are all so capable of handling challenges, and I am fully confident that you are all going to make a difference in these kids' lives. There is no greater feeling than the joy of impacting children so make sure you slow down sometimes to take it all in. Please remember that you are NOT alone and my coze and I are here for you, whatever you need!! You are all baddies that will slay boots down in everything you do, so try not to diva too close to the sun. PS: I give good hugs if any of you ever have an emotional breakdown.

Anyway, love you amazing volunteers!!!

MWL 5EVER,

Snowie <3

WE'VE MADE ITTTTT. I'm so proud of every single one of you. My coze are proud of every single one of you. Seeing how we went from our first training to up the mountain has been such an amazing experience. I have enjoyed seeing how every single one of you has developed into being a super cool awesome counselor/specialist. Since PD said she's your number 1 fan, consider me your second (but I should be 1). I hope you all enjoy your week of camp and make unforgettable memories with everyone! We are all here to support each other and if you ever need anything, please reach out to me or my coze and we will have your back! I know all of you will do amazing and I'm excited to see it!!!

MWL 5EVER,

### **Dogwin**

HI HI SESH 5!!! I can't believe our week of camp is finally here! All of your hard work and dedication has led you here to this moment! There is genuinely no doubt in my mind that you all are going to handle this week with such grace. My coze and I are so lucky to have had y'all as our volunteers and it truly has been such an honor. Whatever happens this week, we are here to support you. This week can be a lot but trust that you have all the skills to handle every situation that comes your way. Make sure to enjoy the moment and to take this whole experience in. Take your time to appreciate the beauty of mountains and the presence of the people around you. There's so much more that I want to say but to keep it brief, I will say that really we are all in this together! <3 Thank you for being the best set of volunteers to be LSHIP to!

### Blossom

SESSION FIVEEE <3 I have the most confidence and faith in all of your capabilities as volunteers! Remember that the days are long, the week is short, and the impact is forever so remember to take in all of the little moments. You've worked so hard dedicating so much passion, time, and energy into OUR week of camp, and I cannot wait to see you all flourish. Being your LSHIP has meant the absolute world to us and we're so lucky to have had the best volunteers in the world sorted into sesh 5, because yall are truly the best! Please bring all of the good vibes and energy, and when in doubt, laugh it out! #nopasanada It won't be the easiest week of your life, but these kids really become a part of you. Remember to lean on your community! You all may have campers, but to us, you're our campers—so please lean on us/each other for support. SMWL!

MWL 5EVER.

Teddy



# DAY 1: Sunday, July 20th : 🗆 🛠



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 & cabin ★ Run welcome programs/games in your unit 5:00 PM: Hannah Montana World Tour: Scavenger hunt 5:55 PM: Dinner line-up ★ UniCorps will review meal procedures/duties ★ Bring your unit roster for staff to collect ★ Specialists check your duties (pg 17) **6:00 PM:** Dinner (bring completed unit roster & pre-surveys/pencils) ★ Don't forget grace! **6:45 PM:** Dinner duties (pg 13 & 18): \_\_\_\_\_ **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! ♦ goodnight sweet dreams 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 21st $*\theta_Q \div \Box$ .

THEME: High School Musical (School Spirit!)

<b>6:10 AM:</b> Optional morning activity <b>Hike</b> (meet @ line-up) & optional morning
counselor campfire
7:00 AM: Wake up! *
<b>7:55 AM:</b> Line-up
8:00 AM: Breakfast
8:45 AM: Breakfast duties:
<b>9:30 AM:</b> Rotation #1:
<b>10:45 AM:</b> Rotation #2:
<b>11:55 AM:</b> Line-up
12:00 PM: Lunch
12:45 PM: Lunch duties:
<b>1:30 PM:</b> Rotation #3:
<b>2:45 PM:</b> Rotation #4:
4:00 PM: Snack
4:15 PM: Rest in cabins
<b>4:45 PM:</b> Rotation #5:
<b>5:55 PM:</b> Line-up
6:00 PM: Dinner
<b>6:45 PM:</b> Dinner duties:
7:00 PM: Get ready in cabins
8:15 PM: Night Activities
★ Youngest: Night hike (meet @ line-up)
★ Middle: Festival (karaoke/ trivia/games) in lodge
★ Oldest: Unit night in units
9:45 PM: Cabin chats, get ready for bed
<b>10:30 PM:</b> ♦ Lights out! ♦ goodnight sweet dreams
<b>10:45 PM:</b> Counselor campfire (alternate each day with your co!) @ Lodge

# DAY 3: Tuesday, July 22nd og to property \$\psi\$

*ऍ* **THEME: Lemonade Mouth** (Match with your Band aka Unit!)

<b>6:10 AM:</b> Optional morning activity <b>Volleyball Tournament</b> & optional morning
counselor campfire
7:00 AM: Wake up! ☀
<b>7:55 AM:</b> Line-up
8:00 AM: Breakfast
8:45 AM: Breakfast duties:
<b>9:30 AM:</b> Rotation #1:
<b>10:45 AM:</b> Rotation #2:
<b>11:55 AM:</b> Line-up
12:00 PM: Lunch
12:45 PM: Lunch duties:
1:30 PM: Rotation #3:
<b>2:45 PM:</b> Rotation #4:
4:00 PM: Snack
4:15 PM: Rest in cabins
<b>4:45 PM:</b> Rotation #5:
<b>5:55 PM:</b> Line-up
6:00 PM: Dinner
<b>6:45 PM:</b> Dinner duties:
<b>7:00 PM:</b> Get ready in cabins
8:15 PM: Night Activities
★ Youngest: Festival (karaoke/ trivia/games) in lodge
★ Middle: Unit night in units
★ Oldest: Night hike (meet at line-up)
<b>9:45 PM:</b> Cabin chats, get ready for bed
<b>10:30 PM:</b> ♦ Lights out! ♦ goodnight sweet dreams
<b>10:45 PM:</b> Counselor campfire (alternate each day with your co!) @ Lodge

# DAY 4: Wednesday, July 23rd \* ...\*. \*

THEME: Wizards of Waverly Place (Wacky Wednesday/Inner Harper!)

 $\textbf{6:10 AM:} \ \textit{Optional morning activity Yoga, Stretching, and Journaling} \ @ \ lodge$ 

& optional morning counselor campfire

7:00 AM: Wake up! ☀️	
<b>7:55AM:</b> Line-up	
8:00 AM: Breakfast	
8:45 AM: Breakfast duties:	
<b>9:30 AM:</b> Rotation #1:	
<b>10:45 AM:</b> Rotation #2:	
<b>11:55 AM:</b> Line-up	
12:00 PM: Lunch	
12:45 PM: Lunch duties:	
1:30 PM: Rotation #3:	
2:45 PM: WALL Send-Off (time may change)	
3:00 PM: Rescue Perry Obstacle Course @ line-up	
<b>4:00 PM:</b> Snack	
4:15 PM: Rest in cabins	
<b>4:45 PM:</b> Rotation #4:	
<b>5:55 PM:</b> Line-up	
6:00 PM: Dinner	
6:45 PM: Dinner duties:	
7:00 PM: Get ready for Night Programs	
8:15 PM: Night Activities	
★ Youngest: Unit night	
★ Middle: Night hike	
<ul><li>★ Oldest: Festival (karaoke/ trivia/games) in lodge</li><li>9:30 PM: Cabin chats, get ready for bed</li></ul>	
<b>10:30 PM:</b> ♦ Lights out! ♦ goodnight sweet dreams	
<b>10:45 PM:</b> Counselor campfire #1 (half of volunteers) @ Lodge	

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

# DAY 5: Thursday, July 24th 🖰 🖒 😂

THEME: Phineas & Ferb (Disney Adventure or Pajamas!)

<b>6:10 AM:</b> Optional morning activity <b>Basketball Tournament</b> & optional morning	9
counselor campfire	
7:00 AM: Wake up! ☀	
<b>7:55 AM:</b> Line-up	•
8:00 AM: Breakfast	
8:45 AM: Breakfast duties:	
<b>9:30 AM:</b> Rotation #1:	•
<b>10:45 AM:</b> Rotation #2:	
11:55 AM: Line-up (& WALL return!)	•
12:00 PM: Lunch	
12:45 PM: Lunch duties:	
1:30 PM: Rotation #3: "Spend your Cheetah Cheddar, It's Thrift Day!"	•
<b>3:00 PM:</b> Rotation #4:	
4:00 PM: Snack	
4:15 PM: Rest in cabins	
4:45 PM: Rotation #5: WALL Storytime, Q&A @ campfire	
<b>5:55 PM:</b> Line-up	•
6:00 PM: Dinner	
<b>6:45 PM:</b> Dinner duties:	
<b>7:00 PM:</b> Get ready for Camp Rock Final Jam: Talent Show	•
8:15 PM: Camp Rock Final Jam: Talent Show @ Lodge	
<b>10:00 PM:</b> Cabin chats, get ready for bed	
<b>10:30 PM:</b> ♦ Lights out! ♦ goodnight sweet dreams	
<b>10:45 PM:</b> Counselor campfire (alternate each day with your co!) @ Lodge	•

# DAY 6: Friday, July 25th ★ \*. ★90° >

🎤 THEME: Hannah Montana (Y2K!) 🎤

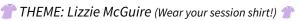
<b>6:10 AM:</b> Optional morning activity <b>Polar Bear Plunge</b> @ pool & optional
morning counselor campfire
7:00 AM: Wake up! ★
<b>7:55 AM:</b> Line-up
8:00 AM: Breakfast
8:45 AM: Breakfast duties:
<b>9:30 AM:</b> Rotation #1:
<b>10:45 AM:</b> Rotation #2:
<b>11:55 AM:</b> Line-up
12:00 PM: Lunch
12:45 PM: Lunch duties:
<b>1:30 PM:</b> Rotation #3:
2:45 PM: Disney Channel Games: Olympics
<b>3:45 PM:</b> Prepare for Fashion Show
4:00 PM: Fashion Show @ Campfire
<b>4:30 PM:</b> Snack
<b>4:45 PM:</b> Rotation #4:
5:15 PM: Cabin time
<b>5:55 PM:</b> Line-up
6:00 PM: Dinner
<b>6:45 PM:</b> Dinner duties:
7:00 PM: Get ready for Dance
8:15 PM: Dance @ Lodge + Counselor duties (pg 18)
10:00 PM: Cabin chats, get ready for bed
<b>10:30 PM:</b> ♦ Lights out! ♦ goodnight sweet dreams
10:45 PM: Counselor campfire (alternate each day with your co!) @ Lodge

# DAY 7: Saturday, July 26th \*\*.°☆ \* ⊕

₩ THEME: The Suite Life of Zack & Cody (Vacation!) ₩

<b>6:10 AM:</b> Optional morning activity <b>Arts &amp; Crafts</b> @ lodge & optional morning
counselor campfire
7:00 AM: Wake up! ☀
<b>7:55 AM:</b> Line-up
8:00 AM: Breakfast
8:45 AM: Breakfast duties:
<b>9:30 AM:</b> Rotation #1:
<b>10:45 AM:</b> Rotation #2:
<b>11:55 AM:</b> Line-up
12:00 PM: Lunch
12:45 PM: Lunch duties:
<b>1:30 PM:</b> Rotation #3:
2:45 PM: Alumni day @ lodge
★ Snack given out in the middle of alumni day! (Get excited for watermelon!!)
<b>4:00 PM:</b> Snack
<b>4:15 PM:</b> Alumni day continues @ lodge
5:00 PM: Rest in cabins & prep unit skit for campfire
<b>5:55 PM:</b> Line-up
6:00 PM: Dinner
6:45 PM: Dinner duties:
7:00 PM: Get ready for Campfire
8:15 PM: Camp Rock Campfire: Closing Campfire
<b>10:00 PM:</b> Cabin chats, get ready for bed + pack as much as you can!
<b>10:45 PM:</b> ♦ Lights out! ♦ goodnight sweet dreams
<b>10:45 PM:</b> Counselor campfire #1 (half of volunteers) @ Lodge
11:15 PM: Counselor campfire #2 (other half of volunteers) @ Lodge

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<b>6:45 AM:</b> Wake up! 🦩
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★ 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 activities

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

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

**11:55 AM:** Last line-up! 😞

★ Don't go back to your cabin after 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:** Rest up! You were amazing this week!! <3 See you <u>very</u> soon! 🕺 👀 💗



★ Send photos to staff@unicamp.org:)

# **Cabin Duties**

Dishes	Sweep Lodge (& dry mop @ dinner)	Lodge Tables	Girls Biffy	Boys Biffy	Lower Trail PP	Upper Trail PP	Lodge PP		
∞ %	10	7	5	4	ω	2	1	D	Sun
9 & 10	7	4	2	1	5	V	8	В	
7 & 8	4	1	W	10	9	6	5	L	Mon
5&6	9	8	8	7	2	1	ω	D	
88 586 384 182	<b>∞</b>	6	1	V	10	9	7	В	
1 & 2	9	7	4	1	6	10	ω	L	Tues
W & 10	ω	2	9	6	7	5	4	D	
8 & 9	10	9	6	5	1	ω	2	В	
6&7	5	2	3	2	9	W	10	L	Wed
8&9 6&7 4&5 2&3	2	1	9	W	8	7	6	D	
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9 & 10	6	ъ	2	1	8	∞	7	D	
7 & 8	2	ω	10	9	4	6	5	В	
7&8 5&6 3&4	9	7	W	10	2	1	ω	L	Fr.
3 & 4	5	8	1	7	10	9	<b>∞</b>	D	
1 & 2	4	œ	6	ω	9	10	8	В	
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5&7	8	5 & 10	4	2	1	ω	9	В	Sun
4 & 5	6	7 & 8	9	1	3	2	W	٦	בֿ

Cabin Roster 🙂

Unit: \_\_\_\_\_

	OTITE:					
Real name	Camp name	Age & Notes*				
			tary restrictions made at			

\* 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!

No put-downs

Hands to yourself

- ★ 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 • If it doesn't have wings, it							

shouldn't fly

No running

Rule of 3

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 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 <u>WALKS</u>!
- ★ Last call: after the last-call bell: send as many campers at a time as you want!

# Specialist Duty Schedule

Day	Day Meal Meal Milk Duty (meet 5min before line-up at kitchen)		Pots & Pans (meet after meal in kitchen)
SUN	D	Otter, Pluto	HopScotch, Pa, Mars
	В	Pa, Toast	Sage, Honey
мон	L	HopScotch, Marsh	Cedar, Bee
	D	Mars, Hedgehog Hangout	Paloma, Pluto, Marsh
	В	Honey, Paloma	Toast, Hedgehog Hangout
TUES	L	Bee, Cedar	Marsh, Otter
	D	Sage, Pluto	Mars, Cedar, Toast
	В	Otter, Toast	Pa, Honey
WED	L	Sage, Firefly	Otter, Pluto
	D	HopScotch, Pa	Hedgehog Hangout, Mars, Sage
	В	Sage, Otter	Honey, Bee
THURS	L	Mars, Paloma	Firefly, HopScotch
	D	Pa, Firefly	Marsh, Toast, Sage
	В	Pluto, Bee	Cedar, Paloma
FRI	L	Paloma, Toast	Firefly, Bee
	D	Pa, Hedgehog Hangout	Honey, Pluto, Marsh
	В	Marsh, HopScotch	Mars, Firefly
SAT	L	Honey, Mars	Sage, Pa
	D	Cedar, Pa	Bee, Hedgehog Hangout, Honey
SUN	В	Hedgehog Hangout, Firefly	HopScotch, Otter
JUN	L	Bee, Honey	Paloma, Marsh

### **Dance Duties**

Time	Outside	Single Door	Double Door & Biffy Runs		
Start-8:30p Sassafrass, Iris, Sage		Pinky, Marsh	Peony, Ricochet, Mars		
8:30-9p CoolKat, Bambi, Paloma		River, Pluto	Zoomy, HopScotch, Cedar		
<b>9-9:30p</b> Roxy, R2-D2, Honey		Don Pollo, Pa	Sweetgrass, JayWalker, Toast		
9:30-End	Oakie, Firefly, Bee	Owala, Otter	Skippy, Tinker Bell, Hedgehog Hangout		

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**

- 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.
- 3. [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.
- 3. 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!

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