



Camp



FOURCE



OF **NATURE**



2024



CRASHBOOK

UniCamp Session 4 | June 14–21, 2024

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

♥ ENCOURAGEMENT FROM LSHIP ♥

Hi Fources!! Can you believe it's time for our week of camp? I have been counting the days to watch you all finally thrive up the mountain and tap into your own element, while also inspiring campers to do the same. All of these campers should be honored because they have the best volunteers in the entire world. We have loved being your LSHIP this year but it's time for the real magic to happen and that magic is in ALL OF YOU. The fun is about to begin but don't forget to check in with yourselves, ask questions, and take your BREAKS. We are here to support you every step of the way <3 MWL,

Starlord 🌟

Mis amores, I am so incredibly proud of each and every one of you. It's been my honor to see you all flourish into the amazing camp volunteers that you are today. We've all come a long way, and do not forget that this is the culmination of all of your passionate hard work. L-SHIP is here in your corner, cheering you on always. Love you all so so much, and never forget to look within yourself and the world that surrounds you for all of your elements <3

MWL,

Matcha

HEYY SESH 4!! I genuinely can not believe that it is already our week of camp. I'm literally writing this a week before pre-sesh and I'm in total denial. To have watched you all grow into these down woodseys has changed my life forever. I'm so proud of each and every one of you. Y'all are truly what makes this session the fource of nature that it is. I can't wait to see you experience all of the joys that come with being up the mountain. These kids really have no idea how lucky they are to have you. <33

MWL,

Rocket 🚀

Hi guys!!! I'm literally so excited for camp like you guys don't understand. I can't wait to see you all up the mountain with your campers and give them the best week ever; also having such a fun week yourselves :3 I'm so proud of y'all like I might cry thinking about it, you guys are the best bunch of volunteers I could have asked for and I'm so glad each & every one of you has reached the spot you are in now!! There would be no

Force of Nature without y'all <3 I'm so excited to see y'all keep growing up the mountain and EAT your week of camp!! Remember that LSHIP is always here for y'all, so pls don't ever hesitate to come talk to us, we love u guys AND SO WILL UR CAMPERS!!

MWL,

Link 🔪

DAY 1: Sunday, July 14th

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
-

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 stay on the bus to help unload luggage

1:00 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. (24 hours grace period)
 - Phones and scented items go to LSHIP
 - Trash cans @ lodge
 - Give meds to medic (& put your meds in the lock box!)
 - ★ Decorate unit flag
 - ★ LSHIP led Camp tours & meal procedures/duties
-

5:30 PM: 1st Line-up

- ★ CORPS: Review meal procedures/duties

6:00 PM: Dinner (bring completed unit roster & pre-surveys/pencils)

- ★ Don't forget grace!

6:45 PM: Dinner duties:

7:15 PM: Get ready in cabins

- ★ Change into warm clothes!

8:30 PM: Opening campfire

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

10:30 PM: ✧ Lights out! ✧

10:45 PM: Counselor campfire #1 & #2

- ★ Campfire #1: 10:45 PM
- ★ Campfire #2: 11:15PM

DAY 2: Monday, July 15th

THEME: Dress as Your Camp Name [FIRE]

7:00 AM: Wake up! ☀

7:55 AM: Line-up

8:00 AM: Breakfast

8:45 AM: Breakfast duties:

9:00 AM: Cabin Time

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: Tap Into Your Element!

2:15 PM: Rotation #3

3:30 PM: Snack

4:00 PM: Rotation #4

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

8:15 PM: Night Programming:

 Oldest: Night Hike

 Youngest: Karaoke

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

10:30 PM: ✧ Lights out! ✧

10:45 PM: Counselor campfire #1 (*alternate with your co!*)

DAY 3: Tuesday, July 16th

THEME: Match with Your Co [AIR]

6:00 AM: *Optional morning activity - Yoga*

7:00 AM: Wake up! ☀️

7:55 AM: Line-up

8:00 AM: Breakfast

8:55 AM: Breakfast duties:

9:00 AM: Cabin Time

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: Tap Into Your Element!

2:15 PM: Rotation #3

3:30 PM: Snack

4:00 PM: Rotation #4

5:15 PM: Cabin time

5:55 PM: Line-up

6:00 PM: Dinner

6:45 PM: Dinner duties:

7:00 PM: Get warm for Night Programs

8:15 PM: Night Programming

 Oldest: Karaoke

 Youngest: Night Hike

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

10:30 PM: ✧ Lights out! ✧

10:45 PM: Counselor campfire #2 (*alternate with your co!*)

DAY 4: Wednesday, July 17th

THEME: Dress as One of the Elements [EARTH]

7:00 AM: Wake up! ☀

7:55AM: Line-up

8:00 AM: Breakfast

8:45 AM: Breakfast duties:

9:00 AM: Cabin Time

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: Tap Into Your Element!

2:15 PM: Rotation #3

3:30 PM: Snack

4:00 PM: Sustainability Fair Led by CORPS

5:15 PM: Cabin time

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: Fashion Show Prep

8:30 PM: CLIMB Fashion Show @ Campfire

9:00 PM: Movie in Lodge or Unit Night

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

10:30 PM: ✧ Lights out! ✧

10:45 PM: Counselor campfire #1 (*alternate with your co!*)

DAY 5: Thursday, July 18th

THEME: Favorite Fictional Character [Water]

6:00 AM: *Optional morning - Morning Hike!*

7:00 AM: Wake up! ☀️

7:55 AM: Line-up

8:00 AM: Breakfast

8:45 AM: Breakfast duties:

9:00 AM: Rotation #1

10:35 AM: Rotation #2

11:55 AM: Line-up

12:00 PM: Lunch

12:45 PM: Lunch duties:

1:00 PM: Tap Into Your Element!

2:15 PM: Rotation #3

3:30 PM: Snack

4:00 PM: Rotation #4 or Trivia @ Lodge

5:40 PM: Cabin time

5:55 PM: Line-up

6:00 PM: Dinner

6:45 PM: Dinner duties:

7:00 PM: Get ready for Talent Show

8:30 PM: Talent Show @ Lodge

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

10:30 PM: ✧ Lights out! ✧

10:45 PM: MANDATORY Counselor campfire #1 & #2

★ Campfire #1: 10:45 PM

★ Campfire #2: 11:15PM

DAY 6: Friday, July 19th

THEME: Tourist Day [Fire/Water]

7:00 AM: Wake up! ☀

7:55 AM: Line-up

8:00 AM: Breakfast

8:45 AM: Breakfast duties:

9:00 AM: Rotation #1

10:45 AM: Rotation #2

11:55 AM: Line-up + Woodsey Courting

12:00 PM: Lunch

12:45 PM: Lunch duties:

1:00 PM: Tap Into Your Element!

2:15 PM: Rotation #3

3:30 PM: Snack + WALL Return :)

4:00 PM: REC Day + Dodgeball Tournament

5:15 PM: Cabin time

5:55 PM: Line-up

6:00 PM: Dinner

6:45 PM: Dinner duties:

7:00 PM: Get ready for Dance

8:30 PM: Dance @ Lodge + Counselor duties

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

10:30 PM: ✧ Lights out! ✧

10:45 PM: Counselor campfire #2 (*alternate with your co!*)

DAY 7: Saturday, July 20th

THEME: Rainbow Day [Earth/Air]

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:

9:00 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: Tap Into Your Element!

2:15 PM: Rotation #3

3:30 PM: Snack

4:00 PM: Slime @ Lodge!

5:00 PM: Cabin time + prepare skit for Campfire

5:55 PM: Line-up

6:00 PM: Dinner

6:45 PM: Dinner duties:

7:00 PM: Get ready for Campfire

8:30 PM: Closing campfire + WALL storytime

10:00 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 with your co!*)

DAY 8: Sunday, July 21st

THEME: *Fources 4 Ever!* (Wear your session shirt)

6:30 AM: Wake up! ☀️

- ★ PACK LUGGAGE
 - ★ Take luggage to tarps
-

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 and take out trash
- ★ Complete post-surveys
- ★ Sanitize mattresses

****WAIT FOR STAFF APPROVAL BEFORE LEAVING CABIN****

11:45 AM: Line-up

12:00 PM: Lunch

12:45 PM: Lunch duties:

1:00 PM: Busses Arrive to Camp Pine Mountain

- ★ OCP help load luggage on busses
 - ★ Sit with your unit on your assigned bus
-

3-5 PM: Arrive in Westwood!

- ★ Stay until the last camper leaves
 - ★ Don't forget to give back rescue meds (inhalers, epi-pens, ...)
 - ★ Closing Chapel
-

5-9 PM: Get some rest and get *READY!*

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	5	1	5	3	7	C	4	C	10	6	1	4	1	5	3	8	W	6	2	10	2	C
Upper Trail PP	2	W	6	1	W	10	5	3	C	7	4	2	8	9	1	9	10	7	7	5	3	2
Lower Trail PP	3	C	9	2	10	6	7	1	2	8	5	3	C	4	2	10	9	8	8	6	1	3
Boys Biffy	6	8	10	7	9	8	6	5	9	C	8	9	7	6	10	7	6	5	7	7	9	8
Girls Biffy	1	2	W	4	1	4	3	2	3	1	7	5	2	3	4	1	3	2	W	4	4	1
Lodge Tables	7 & 8	4 & 5	1 & 3	W & 9	6 & C	7	2	9	2	1	10	6	5	10	7	C	8	9	2 & 4	5 & 10	7 & 9	6
Sweep Lodge (& Mop @ Dinner)	10	7	4	C	8	9	1	10	5	2	C	8	6	2	9	5	4	1	C	W	W	6
Dishes	W & C	9 & 10	7 & 8	5 & 6	3 & 4	1 & 2	C & 10	8 & 9	6 & 7	4 & 5	2 & 3	C & 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

Note allergies, belongings taken, dietary restrictions, meds, etc.

Radio Channels

Always have your radio on you and keep it charged!

2 - Volunteers

4 - LSHIP ♥

3 - OCP (CLIMB, CORPS, & WALL)

5 - Staff

Tips & Reminders

- ★ *They don't care what you know until they know that you care*
 - ★ Tone set! You must be firm. Be a counselor first, then a friend.
 - ★ Debrief everyday — with your campers and with your coze.
 - ★ Keep your LSHIP informed.
 - ★ Ask for help.
 - ★ Remember: Disciplining and yelling are different.
 - ★ Trust in yourself and your abilities.
 - ★ Maintain a united front.
 - ★ Everyone makes mistakes.
 - ★ Kids are kids. Have fun!
 - ★ Be honest with your campers.
 - ★ Stay positive, and be supportive of everyone around you.
 - ★ **Rule of three! NEVER** be alone with your campers!
-

FIRST MEETING CHECKLIST

- Complete UNIT ROSTER in your crashbook and on an extra copy (turn into Blitzen at dinner) + collect medications
- Have campers complete their pre-surveys
- 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*
- Develop AGREEMENTS (*use positive phrasing!*). Write them down and have everyone sign them.
- Run an ICEBREAKER! (ex. 2 truths and 1 lie, speed dating, etc.)

Emergency Lingo

Storm = Bear

Noodle = Snake

Thunder = Mountain Lion

Spicy Noodle = Rattlesnake

Rabbit = Runaway Camper

Radio these all to staff right away!

Emergency Procedures

If an EMERGENCY ALARM sounds:

- Stay calm.
 - Drop everything you're doing, even if you're in the biffy!
 - Count your campers.
 - Meet at the emergency meeting place in the parking lot quickly and quietly (don't forget to WALK)
 - Count your campers again and wait quietly and calmly for further instructions
-

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 up before meals and bedtime, or after river/lake activity.
 - Baby wipe baths are essential #selfcare!
 - ★ DO NOT DRINK WATER FROM THE RIVER. You will get sick.
 - Make sure your campers are constantly DRINKING WATER & eating adequate food @ mealtimes
 - ★ Know where the highway is and KEEP CAMPERS AWAY FROM IT
-

Questions to Ask a Challenging Camper

Be patient and understanding, but also remember to 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
- ★ Make sure to serve your campers with dietary restrictions the right meal!!
- ★ Remind everyone to say “please” and “thank you” to Kitchen Staff.
- ★ Always say “**grace**” before every meal.
- ★ Return unopened milk **before the seconds bell rings**.
- ★ Send any campers that need **medications** to see the nurse.
- ★ 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!

Specialist Duty Schedule

Day	Meal	Meal Service	Pots & Pans
SUN	D	Mink & Sequoia	Ace & Blue
MON	B	Kahuna & Imli	Forest & Superman
	L	Jolly Rancher & Blue	Mielow & Musty Muffin
	D	Ace & Superman	Mink & Sequoia
TUES	B	Forest & Mielow	Kahuna & Jolly Rancher
	L	Mink & Musty Muffin	Imli & Ace
	D	Sequoia & Jolly Rancher	Superman & Blue
WED	B	Kahuna & Superman	Ace & Forest
	L	Imli & Musty Muffin	Mink & Mielow
	D	Blue & Forest	Sequoia & Jolly Rancher
THURS	B	Ace & Mink	Superman & Imli
	L	Mielow & Sequoia	Blue & Kahuna
	D	Imli & Jolly Rancher	Forest & Musty Muffin
FRI	B	Superman & Musty Muffin	Mink & Jolly Rancher
	L	Kahuna & Forest	Mielow & Ace
	D	Mink & Blue	Imli & Sequoia
SAT	B	Jolly Rancher & Ace	Kahuna & Mink
	L	Sequoia & Forest	Imli & Superman
	D	Kahuna & Mielow	Musty Muffin & Blue
SUN	B	Mink & Superman	Mielow & Imli
	L	Blue & Forest	Ace & Sequoia

Dance Duties

Time	Near Door	Far Door	Outside & Biffy Runs
Start-8:30p	Nube, Sunny, Bambi	Dawn, Mielow	Firefly, August, Red Velvet
8:30-9p	Mystique, Bloom, Blue	Forest, Tink	Bobcat, Red, Psyduck
9-9:30p	Kahuna, Stitch, Mink	Imli, Ace	Pogo, Grover, Musty Muffin
9:30-End	Superman, Jolly Rancher	Spork, Boots	Quokka, Sequoia

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

Duty Reminders

Pollution patrol

1. Walk the length of your assigned area with a trash bag, picking up trash along the way.
2. Throw away the trash in the dumpster.

Lodge duty

1. Pick up trash around the lodge.
2. Grab brooms and mops from the outside. Ask UniCorps to help set up the mop bins.
3. Sweep the lodge after lunch. Sweep *and mop* the lodge after dinner.

Tables

1. Grab the bucket of yellow and green sponges.
2. Fill the bucket with water and soap.
3. Wipe down all of the lodge tables.

Biffy Duty

1. Pick up trash from floors. Take the trash out to the dumpster.
2. Sweep the floors.

3. Spray the inside of the biffy bowl with the cleaner and scrub with the **long/toilet brush**.
4. Spray the sinks with the cleaner and scrub with the **short brush** and water.

General Tips

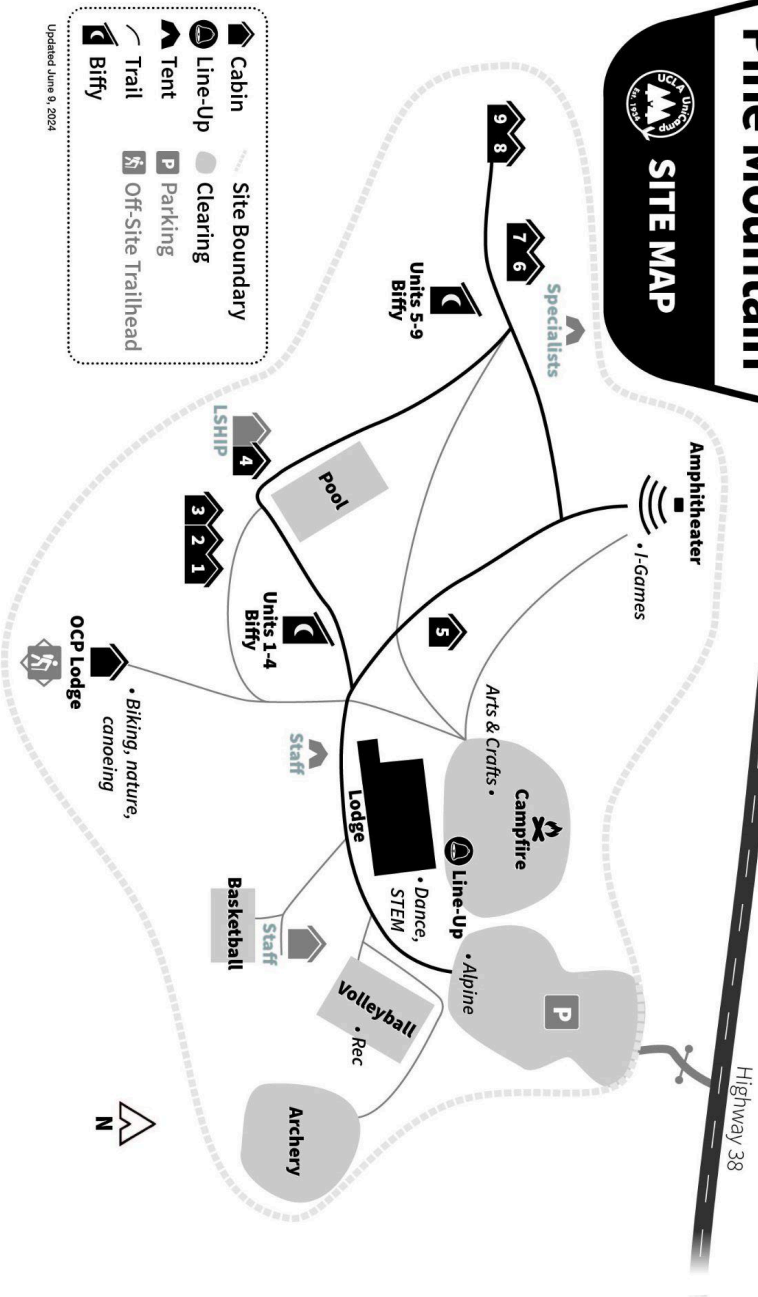
- Keep your cabin clean and ask LSHIP/UniCorps if you need any supplies for any duties!
- Avoid biffy runs, stops to the water fountain, camp jams, and medic visits during duties! Go during the meal or after you're done.
- Make duties fun! Sing songs, make it a competition, play mind games/riddles!
- 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

Camp Pine Mountain



SITE MAP



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

Updated June 9, 2024

