

UNIKAMP HALF BLOOD



SESSION 5
EST. 1974

CRASHBOOK

Session 5, 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♥

Session 5! Thank you so much for being the perfect set of volunteers. You all are so capable and it has been inspiring watching everyone light up our little community. Please continue to inspire your campers the same way! Reminder that at the end of the day this is for the kids—no matter what happens this week, they are so grateful you showed up to create this powerful camp experience. Be gentle on yourself, breathe in that beautiful mountain air and have fun! So so proud of you!

Much Woodsey Love,

Ritz

Hii Session 5 besties! It has been such an honor to be your LSHIP this camp season and see you all flourish within the camp space – I am so so excited to be taking on our week of camp with you all. I have full faith that every single one of you is going to do amazing – my words of wisdom: trust yourself and your skills, debrief frequently with your coze, stay hydrated lol and overall do not forget to have fun with your kiddos!

MWL,

Sol

Hey Session 5! I am so happy to be up the mountain with all of you! I'm so grateful for the community we've built during our trainings and I know the campers will be able to feel the Woodsey love. You all are such amazing people and I couldn't have asked for a better group of volunteers! You're ready to lead this session and I'm so excited to see you flourish. Have a great week and check in with me if you need anything at all!

MWL,

Jelly Bean

Session 5! I am proud of each and everyone of you. I am so excited to see you all up the mountain, giving the campers an amazing week of camp. You have all grown so much in the past few months, you are more than capable of being leaders and role models for our kids! I am inspired by all the hard work and dedication I have seen from you.

Thank you, thank you, thank you. Radio us if you need anything!

MWL,

Clover

DAY 1: Sunday, July 21, 2024

THEME: *Session Five Pride!!*

(Wear your session shirt)

8:00 AM: Meet @ Westwood Community Center

9:00 AM: Begin camper check-in @ WW Community Center

- ★ Health screening & lice check
 - ★ Medication intake
 - ★ Luggage labels
-

10:15 AM: Buses begin heading to Camp Pine Mountain!

- ★ Eat lunch on buses; Collect waste @ camp
-

1:00 PM: Buses begin arriving at Camp Pine Mountain!

- ★ OCP & specialists stay on the bus to help unload luggage

1:30 PM: Welcome campers @ amphitheater

- ★ LSHIP Intros; Campers sorted into units

2:00 PM: Unit Time (perfect for icebreakers!)

- ★ Put belongings in cabins
 - ★ Make cabin agreements poster (use positive phrasing!)
 - ★ Take phones, food, scented items, etc.
 - Phones and scented items go to LSHIP
 - Trash food in large trash bins @ lodge
 - Give meds (& *your* meds!) to medic
-

3:30 PM: LSHIP Led Campsite Tour @ Line-up area

5:55 PM: 1st Line-up (outside lodge)

- ★ CORPS: Review meal procedures/duties

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

- ★ Don't forget to say grace!

6:45 PM: Dinner duties:

7:15 PM: Get ready in cabins

- ★ Change into warm clothes

8:15 PM: Opening campfire led by LSHIP

- ★ Counselors ready for intro skits

10:00 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 2: Monday, July 22

THEME: *Brave Bruins*

(UCLA Pride)

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:

10:35 AM: Transition

10:45 AM: Rotation 2:

11:55 AM: Line-up

12:00 PM: Lunch

12:45 PM: Lunch duties:

1:35 PM: Transition

1:45 PM: Rotation 3:

2:50 PM: Transition

3:00 PM: Snack

3:35 PM: Transition

3:45 PM: Rotation 4:

4:50 PM: Transition

5:00 PM: Cabin time

★ Make unit flags! Bring to dinner line-up

5:55 PM: Line-up

6:00 PM: Dinner

6:45 PM: Dinner duties:

7:15 PM: Get ready in cabins

★ Change into warm clothes (and good shoes for hikers)

8:00 PM: Night Activities

★ Youngest and Middle Campers: Night Hike

★ Oldest and OCP Campers: Trivia/Karaoke Night

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

10:30 PM: ✧ Lights out! ✧

10:45 PM: Optional counselor campfire

DAY 3: Tuesday, July 23

THEME: *Colors of Iris's Rainbow*
(Monochrome)

6:00 AM: *Optional morning yoga @ line-up area*

7:00 AM: Wake up! ☀

7:55 AM: Line-up

8:00 AM: Breakfast

8:45 AM: Breakfast duties:

9:30 AM: Rotation 1:

10:35 AM: Transition

10:45 AM: Rotation 2:

11:55 AM: Line-up

12:00 PM: Lunch

12:45 PM: Lunch duties:

1:15 PMish: ***WALL Send-Off @ lodge***

1:45 PM: Rotation 3:

2:50 PM: Transition

3:00 PM: Snack

3:35 PM: Transition

3:45 PM: Rotation 4:

4:50 PM: Transition

5:00 PM: Cabin time

5:55 PM: Line-up

6:00 PM: Dinner

6:45 PM: Dinner duties:

7:15 PM: Get ready in cabins

★ Change into warm clothes (and good shoes for hikers)

8:00 PM: Night Activities

★ Youngest and Middle Campers: Trivia/Karaoke Night

★ Oldest and OCP Campers: Night Hike

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

10:30 PM: ✧ Lights out! ✧

10:45 PM: Counselor campfire

DAY 4: Wednesday, July 24

*THEME: Wacky Wednesday
(Silly fits for you and your campers!)*

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:

10:35 AM: Transition

10:45 AM: Rotation 2:

11:55 AM: Line-up

12:00 PM: Lunch

12:45 PM: Lunch duties:

1:35 PM: Transition

1:45 PM: Rotation 3:

2:50 PM: Transition

3:00 PM: Snack

3:35 PM: Transition

3:45 PM: Rotation 4:

4:50 PM: Transition

5:00 PM: Cabin time

5:55 PM: Line-up

6:00 PM: Dinner

6:45 PM: Dinner duties:

7:15 PM: Get ready in cabins

★ Change into warm clothes

8:00 PM: Night Activity @ Campfire

★ An entertaining campfire experience like no other...

★ Counselors, come ready to participate!

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

10:30 PM: ✧ Lights out! ✧

10:45 PM: Optional counselor campfire

DAY 5: Thursday, July 25

THEME: Dress as your camp name!

6:00 AM: *Optional morning hike* (meet @ line-up)

7:00 AM: Wake up! ☀

7:55 AM: Line-up

8:00 AM: Breakfast

8:45 AM: Breakfast duties:

9:30 AM: Rotation 1:

10:35 AM: Transition

10:45 AM: Rotation 2:

11:55 AM: Line-up

12:00 PM: Lunch

12:45 PM: Lunch duties:

1:35 PM: Transition

1:45 PM: All-Camp WOODSEY OLYMPICS

★ Meet at line-up

3:35 PM: Transition

3:45 PM: Snack

4:15 PM: Cabin Time & Talent Show Prep

5:55 PM: Line-up

6:00 PM: Dinner

6:45 PM: Dinner duties:

7:15 PM: Get ready in cabins

★ Change into warm clothes

8:00 PM: Night Activity @ Lodge

★ Talent Show hosted by UniCORPS!

★ Come ready to cheer on campers :)

9:45 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 6: Friday, July 26

THEME: Friends Five-Ever!

(Match with your coze)

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:

10:35 AM: Transition

10:45 AM: Rotation 2:

11:55 AM: Line-up

12:00 PM: Lunch

12:45 PM: Lunch duties:

1:15 PMish: **WELCOME WALL BACK!**

1:45 PM: Rotation 3:

2:50 PM: Transition

3:00 PM: Snack

3:30 PM: **All-Camp WOODSEY FIELD DAY**

5:00 PM: Cabin time

- ★ Have campers start prepping unit skit for closing campfire tomorrow (there is not as much cabin time tmrw)

5:55 PM: Line-up

6:00 PM: Dinner

6:45 PM: Dinner duties:

7:15 PM: Get ready in cabins for the dance!

- ★ Warm clothes still recommended

8:00 PM: Night Activity @ Lodge

- ★ The Woodsey Dance!

- ★ Counselors, come ready to supervise at your stations.

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

10:30 PM: ✧ Lights out! ✧

10:45 PM: Optional counselor campfire

DAY 7: Saturday, July 27

THEME: Heroes Day!

(Greek Gods/Goddesses or Superheroes!)

6:00 AM: *Optional morning activity: POLAR 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:

10:35 AM: Transition

10:45 AM: Rotation 2:

11:55 AM: Line-up

12:00 PM: Lunch

12:45 PM: Lunch duties:

1:35 PM: Transition

1:45 PM: Rotation 3:

2:50 PM: Transition

3:00 PM: Snack

3:35 PM: Transition

3:45 PM: All-Camp: ALUMNI/HEROES DAY

5:55 PM: Line-up

6:00 PM: Dinner

6:45 PM: Dinner duties:

7:15 PM: Get ready in cabins

★ Change into warm clothes

★ Finish prepping unit skits

8:00 PM: Night Activity @ Campfire

★ Closing campfire led by LSHIP

★ Campers perform unit skits!

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

10:30 PM: ✧ Lights out! ✧

10:45 PM: Counselor campfire #1

DAY 8: Sunday, July 28

THEME: UniCamp Half-Blood Pride
(Session Shirts!)

No morning activity

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)

8:45 AM: Breakfast duties:

9:00 AM: CABIN CLEAN-UP

- ★ Sweep & clean cabin
- ★ Clean biffy and take out trash (if biffy is in cabin)
- ★ Complete post-surveys
- ★ Sanitize mattresses

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

10:45 AM: Unit Time – Closing Activities

11:55 AM: Line-up

12:00 PM: Lunch

12:45 PM: Lunch duties:

1:15 PM: Buses Arrive to Camp Pine Mountain

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

4:30-6:00 PM: Arrive @ Westwood Community Center

- ★ Camper check-out / pick-up
- ★ Stay until the last camper leaves
- ★ *Don't forget to give back rescue meds (inhalers, epi-pens, ...)*
- ★ **Closing Chapel with counselors after all campers leave**

5-9 PM: Eat, Nap, Caffeinate, and get ready to slay my pookies...

- ★ Check Discord if you dare

♥ YOU DID IT!♥

CABIN DUTY SCHEDULE

Day	Sun 7/21		M 7/22		M 7/22		M 7/22		Tu 7/23		Tu 7/23		Tu 7/23		W 7/24		W 7/24		W 7/24	
	D	B	B	L	D	D	B	L	B	L	D	D	B	B	L	L	D	D	B	L
Sweep Lodge	1	6	6	WALL	2		3	4	5	6	7	8								
A&C + Campfire PP	2	1	9	CLIMB		WALL	4	3	3	3	6	7	8							
Amphitheatre PP	7	9	9	7	4		5	1	2	2	3	4	CLIMB							
GIRLS Biffy	5	4	4	3	CLIMB Girls		1	5	5	2	3	3	1							
BOYS Biffy	9	8	8	6	CLIMB Boys		7	9	8	8	7	7	9							
Wipe Lodge Tables	3	2	2	1	5		9	8	9	9	4	4	CLIMB							
Dish Pit	CLIMB, 8	WALL, 3	7	2, 4	8, 6		6	7, 2	1, 7	6	9	5, 1	3							
Upper Trail PP	6	7	5	5	1, 3		2	2	CLIMB	6	8	8	2							
Lower Trail PP	4	5	9	9	7		8		CLIMB	3	3	1	4							
Meal	Th 7/25	Th 7/25	Th 7/25	F 7/26	F 7/26	F 7/26	F 7/26	S 7/27	S 7/27	S 7/27	S 7/27	S 7/27	Sun 7/28	Sun 7/28	Sun 7/28	Sun 7/28	Sun 7/28	Sun 7/28	Sun 7/28	Sun 7/28
	B	L	D	B	L	D	L	D	B	B	L	D	D	B	L	D	B	L	B	L
Sweep Lodge	9	CLIMB	6	1	8		7	4	9	9	4	4	WALL							
A&C + Campfire PP	5	2	1	8	6		6	3	3	2	9	9	8	WALL						
Amphitheatre PP	1	9	3	4	5		5	6	6	7	8	8	CLIMB							
GIRLS Biffy	2	4	5	5	4		4	2	WALL Girls	1	1	3	CLIMB Girls, 5							
BOYS Biffy	8	7	CLIMB Boys	9	8		8	7	WALL Boys	6	6	7	6							
Wipe Lodge Tables	6	5	8	3	2		2	9	1	2	3	1	7							
Dish Pit	4	6, 1	9, 2	7	1		8	8	5, 6	2	2	2, 5	4, 9							
Upper Trail PP	7	3	4, 5	2	3		3	5	8	7	7	9	3, 4							
Lower Trail PP	3	8	7	6	9		9	1	4	4	5	6	1							

A&C = Arts and Crafts Area
 PP = Pollution Patrol (pick up trash)
 W=WALL
 C=CLIMB
 Upper Trail = behind lodge to last cabin
 Lower Trail = girls biffy to amphitheatre

Radio Channels *always have your radio on you!*

- 2 - Volunteers
 - 3 - OCP (CLIMB, CORPS, & WALL)
 - 4 - LSHIP ♥
 - 5 - Staff
-

Tips & Reminders

1. *They don't care what you know until they know that you care*
 2. Tone set! You must be firm. Be a counselor first, then a friend.
 3. Debrief everyday – with your campers and with your coze.
 4. Keep your LSHIP informed.
 5. Ask for help.
 6. Remember: Disciplining and yelling are different.
 7. Trust in yourself and your abilities.
 8. Maintain a united front.
 9. Everyone makes mistakes.
 10. Kids are kids. Have fun!
 11. Be honest with your campers.
 12. Stay positive, and be supportive of everyone around you.
 13. **Rule of three!** ***NEVER*** be alone with your campers!
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FIRST MEETING CHECKLIST

- Two bottom bunks near the cabin main entrance are for you
- Complete UNIT ROSTER in your crashbook and on an extra copy (turn into LSHIP at dinner).
 - Exercise sensitivity (1-on-1) + collect medications
- Have campers complete their pre-surveys
- Grace Period: Turn in all heinous items to LSHIP. Electronics and scented items will be returned.
- Eat food or throw it away at the lodge (**food**: food waste bin inside lodge; **paper**: paper waste; **liquid**: pour down lodge 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
 - **Thunder** = Mountain Lion
 - **Rabbit** = Runaway Camper
 - **Noodle** = Snake
 - **Spicy Noodle** = Rattlesnake
-

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 (at line-up) 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. No scented items/perfumes/soaps.
 - Food attracts animals!
- ★ Make sure campers wash up before meals and bedtime.
 - Hand sanitizer and baby wipes are a must!
- ★ Keep campers AWAY FROM THE HIGHWAY and in camp boundaries at all times.
- ★ Only drink filtered water. Water fountains and sink faucets at camp are filtered!
- Make sure your campers are constantly DRINKING WATER & eating adequate food @ mealtimes

Unit Roster! 😊

Unit Number: _____

Real & Camp Name / Pronouns	Age	Notes

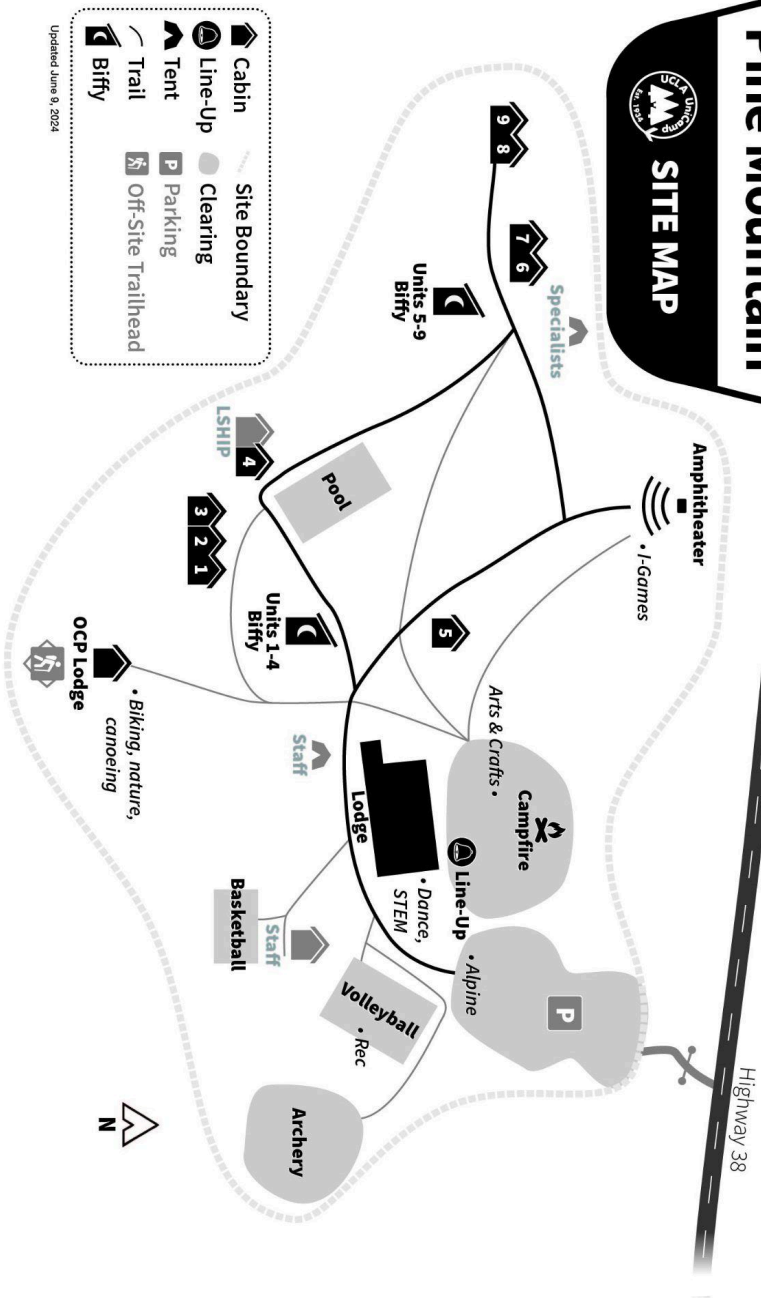
Note any medical/dietary notes, belongings taken, etc.

NOTES

Camp Pine Mountain



SITE MAP



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

Updated June 9, 2024

