



# CRASHBOOK

Session 3 | July 7–14, 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.*

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**Name**

# Notes

## ♥ ENCOURAGEMENT FROM LSHIP ♥

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Hello hello helloooo Session 3 Ohana! I want to start by saying I am beyond grateful for each and every one of you. This session truly wouldn't be as amazing as it is without you. Thank you for opening up your calendars and your hearts for the mission we are trying to accomplish at camp. I'm confident that you are all more than capable of doing the amazing work that you are going to do this week. Remember to have fun and enjoy this time up the mountain. I'm so freaking excited to see you all shine!!! I love you, the campers are going to love you, and you're going to do GREAT!!! <3

MWL,

**Tree**

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Heyyy Sesh 3 Ohana!!! Time has come to put all of your hard work to the test! It's the heart and dedication that you all put in that makes any of this possible. Thank you for giving us your time. Everyday is a new opportunity to display your skills, personality, and how amazing you are so treat it as such. It can be a lot sometimes so never hesitate to lean on each other and your LSHIP, we're a family!!! Have fun and make some memories <3

MWL,

**Kai**

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To the best UniCamp Ohana ever, you all are SO SO AMAZING!! It's finally time to give our campers the most fun week up the mountain! I'm so proud of all of you for sticking through the training and coming to camp with the best energy! The campers and us as L-SHIP are SO SO LUCKY to have you all as volunteers! Remember to lean on each other for support - we are here for you!! I'm genuinely so excited about how the week will unfold for each one of you! We will definitely go down the mountain with memorable stories and laughter! Thank you for making session 3 possible - we can not imagine what it would be like without you! <3

MWL,

**Autumn**

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Hey hey listen up listen up ! I am so excited to see each and everyone of you in your element. I've seen how hard you all have worked to get to this point and it is a privilege to see you thrive as camp counselors. Remember that this experience may not always be easy so lean on each other and trust that you are more prepared than you feel. You bunch are the best volunteers any session could ever ask for. No matter what happens, LSHIP has your back. And remember to have fun! Your summer camp experience matters too! <3

MWL,

**Remy**

# DAY 1: Sunday, July 7th

*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
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**10:30 AM:** Buses begin heading to Camp Pine Mountain!

- ★ Eat lunch on buses. Separate food from paper waste
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**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

- ★ TVN welcome
  - ★ Sort campers into units
  - ★ 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 cans @ lodge
    - Give meds to medic (& put your meds in the lock box!)
  - ★ Decorate unit flag
  - ★ Camp tour & meal procedures/duties
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**5:30 PM:** 1st Line-up

- ★ Lship/staff: Review meal procedures/duties

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

- ★ Don't forget grace!

**6:45 PM:** Dinner duties:

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**7:15 PM:** Get ready in cabins

- ★ Change into warm clothes ~

**8:00 PM:** Opening campfire

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

**10:30 PM:** ✧ Lights out! ✧

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**10:45 PM:** Counselor campfire #1

**11:15 PM:** Counselor campfire #2

# DAY 2: Monday, July 8th

THEME: Disney Day

**6:00 AM:** *Optional morning yoga*

**7:00 AM:** Wake up! ☀️

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**7:55 AM:** Line-up

**8:00 AM:** Breakfast

**8:45 AM:** Breakfast duties

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**9:15 AM:** Rotation #1

**10:05 AM:** Head to TVN

**10:15 AM:** The Village Nation Assembly

**11:15 AM:** Cabin Time

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**11:55 AM:** Line-up

**12:00 PM:** Lunch

**12:45 PM:** Lunch duties

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**1:00 PM:** Rotation #2

**2:15 PM:** Rotation #3

**3:15 PM:** Snack

**3:45 PM:** Rotation #4

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**4:45 PM:** The Village Nation Assembly

**5:55 PM:** Line-up

**6:00 PM:** Dinner

**6:45 PM:** Dinner duties

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**7:00 PM:** Get ready in cabins

**8:00 PM:** Night Activities

★ Karaoke/Charades/LSHIP Games

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

**10:30 PM:** ✨ Lights out! ✨

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**10:45 PM:** Counselor campfire (alternate each day with your co!)

# DAY 3: Tuesday, July 9th

THEME: Dress to Impress

**6:00 AM:** *Optional morning hike*

**7:00 AM:** Wake up! ☀️

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**7:55 AM:** Line-up

**8:00 AM:** Breakfast

**8:45 AM:** Breakfast duties

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**9:00 AM:** The Village Nation Assembly

**10:30 AM(ish):** WALL send-off @ Lodge

**10:45 AM:** Rotation #1

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**11:55 AM:** Line-up

**12:00 PM:** Lunch

**12:45 PM:** Lunch duties

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**1:15 PM:** Rotation #2

**2:15 PM:** Rotation #3

**3:15 PM:** Snack

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**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

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**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! ✧

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**10:45 PM:** Counselor campfire

# DAY 4: Wednesday, July 10th

THEME: *Be a Hero!*

**6:00 AM:** *Optional morning arts and crafts*

**7:00 AM:** Wake up! ☀

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**7:50 AM:** Line-up

**8:00 AM:** Breakfast

**8:45 AM:** Breakfast duties

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**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

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**1:10 PM:** Rotation #2

**2:15 PM:** Rotation #3

**3:15 PM:** Snack

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**3:30 PM:** Rotation 4

**4:35 PM:** Head to TVN

**4:45 PM:** The Village Nation Assembly

**5:55 PM:** Line-up

**6:00 PM:** Dinner

**6:45 PM:** Dinner duties

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**7:00 PM:** Get ready for Night Programs

**8:00 PM:** Night Activities

★ Talent Show

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

**10:30 PM:** ✧ Lights out! ✧

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**10:45 PM:** Counselor campfire

# DAY 5: Thursday, July 11th

THEME: pajama day

**6:00 AM:** *Optional morning **group meditation***

**7:00 AM:** Wake up! ☀️

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**7:55 AM:** Line-up

**8:00 AM:** Breakfast

**8:45 AM:** Breakfast duties

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**9:00 AM:** Rotation #1

**10:05 AM:** Head to TVN

**10:15 AM:** The Village Nation Assemble

**11:15 AM:** Cabin Time/Debrief

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**11:55 AM:** Line-up

**12:00 PM:** Lunch

**12:45 PM:** Lunch duties

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**1:00 PM:** Rotation #2

**2:15 PM:** Rotation #3

**3:15 PM:** Snack

**3:30 PM:** Rotation #4

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**4:30 PM:** Head to TVN

**4:45 PM:** The Village Nation Assembly

**5:55 PM:** Line-up

**6:00 PM:** Dinner

**6:45 PM:** Dinner duties:

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**7:00 PM:** Get ready for night

**8:00 PM:** Night Activities

★ Unit Time + Fashion Show

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

**10:30 PM:** ✧ Lights out! ✧

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**10:45 PM:** Counselor campfire



# DAY 6: Friday, July 12th

THEME: Bruin Fashion

**6:00 AM:** *Optional morning **polar bear plunge***

**7:00 AM:** Wake up! ☀️

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**7:55 AM:** Line-up

**8:00 AM:** Breakfast

**8:45 AM:** Breakfast duties:

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**9:00 AM:** Rotation #1

**10:15 AM:** The Village Nation Assembly

**11:15 AM:** Cabin Time/Debrief

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**11:55 AM:** Line-up

**12:00 PM:** Lunch

**12:45 PM:** Lunch duties:

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**1:10 PM:** Rotation #2

**2:15 PM:** Rotation #3

**3:15 PM(ish):** WALL Return & Snack

**3:30 PM:** Rotation #4

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**4:45 PM:** The Village Nation Assembly

**5:55 PM:** Line-up

**6:00 PM:** Dinner

**6:45 PM:** Dinner duties

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**7:00 PM:** Get ready for Dance

**8:00 PM:** Dance @ Lodge

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

**10:30 PM:** ✧ Lights out! ✧

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**10:45 PM:** Counselor campfire

# DAY 7: Saturday, July 13th

THEME: *Camp Names (Dress as your camp name)*

**6:00 AM:** *Optional morning camper's choice*

**7:00 AM:** Wake up! ☀️

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**7:55 AM:** Line-up

**8:00 AM:** Breakfast

**8:45 AM:** Breakfast duties

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**9:00 AM:** Rotation #1

**10:15 AM:** The Village Nation Assembly

**11:15 AM:** Unit time

**11:45 AM:** Lunch Lineup/ Woodsey Courting/ Meet the Alumni

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**12:00 PM:** Lunch

**12:45 PM:** Lunch duties

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**1:10 PM:** Rotation #1

**2:15 PM:** Alumni Day Carnival

**3:15 PM:** Snack

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**4:15 PM:** Unit time

**4:45 PM:** The Village Nation Assembly

**5:55 PM:** Line up

**6:00 PM:** Dinner

**6:45 PM:** Dinner duties

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

**8:15 PM:** Closing campfire + WALL storytime

**10:00 PM:** Cabin chats, get ready for bed + pack as much as you can!

**10:45 PM:** ✧ Lights out! ✧

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**10:45 PM:** Counselor campfire #1

**11:15 PM:** Counselor campfire #2

# DAY 8: Sunday, July 14th

THEME: *Big Ohana* (Wear your session shirt)

**6:30 AM:** Wake up! ☀️

- ★ PACK LUGGAGE
  - ★ Take luggage to tarps
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**7:45 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!)
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**8:45 AM:** Breakfast duties:

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**9:00 AM:** Tvn Goodbye

**9:30 AM:** Closing Chapels

**10:45 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\*\***

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**11:55 AM:** Line-up

**12:00 PM:** Lunch

**12:45 PM:** Lunch duties

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**1:00 PM: Goodbyes :(**

**1:30(ish) PM:** Buses Arrive to Camp Pine Mountain

- ★ OCP help load luggage on busses
  - ★ Sit with your unit on your assigned bus
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**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
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**5-9 PM:** Get some rest and get *READY!*

## Cabin Duties

	Sun		Mon		Tues		Wed		Thurs		Fri		Sat		Sun						
	D	B	L	D	B	L	D	B	L	D	B	L	D	B	L	B	L				
Lodge PP	2	1	5	3	8	4	6	9	7	2	1	5	3	8	4	6	9	7	2	1	5
Upper Trail PP	3	9	6	5	2	1	7	8	4	3	9	6	5	2	1	7	8	4	3	9	6
Lower Trail PP	4	7	9	1	3	6	8	2	9	5	7	9	1	3	6	8	2	9	5	7	9
Boys Biffy	5	6	8	2	7	3	4	5	1	6	3	8	2	7	3	4	5	1	6	3	8
Girls Biffy	6	5	4	7	9	8	5	1	2	4	5	4	7	9	8	5	1	2	4	5	4
Lodge Tables	7	4	2	8	6	5	1	3	8	7	4	2	8	6	5	1	3	8	7	4	2
Sweep Lodge	8	3	1	9	4	7	2	6	3	8	6	1	9	4	7	2	6	3	8	6	1
Dishtpit	M, 1+9	R, 2+8	D, 3+7	Y, 4+6	A, 5+1	P, 2+9	N, 3+8	M, 4+7	R, 5+6	D, 1+9	Y, 2+8	A, 3+7	P, 4+6	N, 5+1	M, 2+9	R, 3+8	D, 4+7	Y, 5+6	A, 1+9	P, 2+8	N, 37
Point Person:	Tree	Autumn	Kai	Remy	Tree	Kai	Autumn	Remy	Tree	Kai	Autumn	Tree	Kai	Autumn	Remy	Tree	Kai	Autumn	Remy	Tree	Tree

A= Alpine P=Pool N=Mountain Biking Y= Archery M=STEAM R= Rec D= Dance

# 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

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## 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!
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## 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!*

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## 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
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## 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
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## 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
<b>SUN</b>	<b>D</b>	JayWalker & Cherry	Navi & Dignar
<b>MON</b>	<b>B</b>	Luxo & Maruchan	Hummingbird & Remy
	<b>L</b>	Navi & Pookie Bear	River, Tinkerpuff & May
	<b>D</b>	Tinkerpuff & Dignar	Kai, Lavender & Cherry
<b>TUES</b>	<b>B</b>	River & Hummingbird	Autumn & Maruchan
	<b>L</b>	May & Lavender	Tree, Luxo & Pookie Bear
	<b>D</b>	Goofy & Iris	Dignar, Kai & JayWalker
<b>WED</b>	<b>B</b>	JayWalker & Luxo	Tinkerpuff & River
	<b>L</b>	Cherry & Maruchan	Iris, Hummingbird & Goofy
	<b>D</b>	Navi & May	Autumn, Dignar & Lavender
<b>THURS</b>	<b>B</b>	River & Lavender	Tree & Navi
	<b>L</b>	Iris & Hummingbird	Kai, Maruchan & Pookie Bear
	<b>D</b>	TinkerPuff & Cherry	May & JayWalker
<b>FRI</b>	<b>B</b>	Navi & Goofy	Remy & Dignar
	<b>L</b>	May & Pookie Bear	Luxo, Kai & Lavender
	<b>D</b>	Dignar & Luxo	River, Tinkerpuff & Cherry
<b>SAT</b>	<b>B</b>	Maruchan & Jaywalker	Autumn & Goofy
	<b>L</b>	Hummingbird & Lavender	Tree, May & JayWalker
	<b>D</b>	Iris & Pookie Bear	Dignar, Navi & Maruchan
<b>SUN</b>	<b>B</b>	JayWalker & Goofy	Lavender & Hummingbird
	<b>L</b>	River & Cherry	Iris & Lavender



# Dance Duties

Time	Near Door	Far Door	Outside & Biffy Runs
<b>Start-8:30p</b>	Green Bean, River, Cherry, Cupid	The Rock, Cold Brew	Cheese, Truth, Ivy, Olive, Pa, Alex, Mauruchan
<b>8:30-9p</b>	Spud, May, Domo, Iris	Flo, Hummingbird	Navi, Mickey, Tinkerpuff, Jaywalker, Lavender, Coco
<b>9-9:30p</b>	Bones, Musty Muffin, Ladybug, Roxy	Luxo, Bubbles	Flareon, Snoopy, Cerulean, Pookie Bear

*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.
3. Sweep the lodge after lunch. Sweep *and dry 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 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 8, 2024

