



Thank You For Choosing Long Lake!

What Do I Need To Do After Enrolling?

1. Read this Guidebook
2. Get you Companion App set up
(We sent the link via email, and a how to use video)
3. Complete all required forms via Companion App

We hope this guidebook answers all your questions. If not, please call us at 914-693-7111 and we'll be more than happy to help you. Please know that from mid-June to the end of August, phone is the quickest way we can answer your questions.

Required Forms:

ALL FORMS HAVE A DUE DATE OF 4/1/2025

On the Companion App you will find all the required forms needed for camp. They will all need to be completed as soon as possible and we **MUST** have them before the start of camp to ensure we have everything we need to make your child's summer camp experience an amazing one.

914-693-7111

Arts Camp / longlakecampforthearts@gmail.com

Adventure Camp / Lee@longlakecampadventures.com

Required forms are located on the Companion App and include the following:

Medical Forms highlighted in blue color will need a doctors signature. NO CAMPER will be allowed to attend camp without the Medical Forms completed and signed!

Physical Exam & **Immunization**: Please upload a copy of your child's most recent physical and immunization record from their doctor.

Doctors Standing Order and Medication Form: These two forms will need to be printed and signed by **BOTH** you and the doctor. Once completed it can be scanned and uploaded via the App.

Meningitis: This will need to be printed and signed by the parent then scanned and uploaded via the App.

Parent Authorization: This will need to be printed, signed. Then scanned and uploaded along with your campers insurance card via the App.

Bunk Request: Filled out by Parent, right on the App. Please note we can only accept 2 requests and they need to be the same age, gender and grade. Read Bunk Request info in this guide before completing.

Additional Options: Filled out by Parent right on the App. This includes Linens, Horseback for Arts Campers, instrument rentals and travel.

Health History: Filled out by Parent right on the App. This will help us take great care of your camper. All dietary needs, past or current medical conditions, social emotional needs will be completed here.

Camp Activities You Want: Filled out by camper/parent right on the App. Please list all activities you are interested in trying at camp. Parents please add if you agree/disagree with the activities your camper has listed .



PHONE NUMBERS AND SHIPPING ADDRESSES

Please call us because email service during the summer is unreliable. Your camper's Unit Leader will call you with an update before the end of the first week of camp; this allows us time to get to know your camper. The Unit Leader will also arrange the weekly day and time for your camper to call you for a 5-minute touch-base (using our landline phones). Campers do not have access to Wi-Fi. If your camper ever communicates anything to you that you think we should be aware of, please don't assume we know it – our campers are so sweet and kind that sometimes they don't share everything with us. The more we know, the better we can help your camper have the best time at camp.

Summer Time Phone Numbers :

Arts Office / 914-693-7111

Adventure office / 518-624-0027 OR 518-624-0028

Infirmery / 914-693-7111

SHIPPING ADDRESS FOR THE SUMMER :

Please add Arts or Adventures to ALL labels

Sending something to your camper via U.S. Mail (letters or Packages) Long Lake Camp (Your child's first and last name), CAMPER P.O. Box 248 Long Lake, NY 12847 <i>Some first-time campers love receiving mail the very first day – please feel free to send letters in advance.</i>	Sending something to your camper via FedEx, Airborne, UPS, DHL or Amazon <i>If Amazon says invalid address, override it.</i> Long Lake Camp (Your child's first and last name), CAMPER 83 Long Lake Camp Way Long Lake, NY 12847
Sending mail to our Summer Office via U.S. Mail Long Lake Camp P.O. Box 248 Long Lake, NY 12847 Attn.: Cindy, OFFICE	Sending mail to our Summer Office via FedEx, Airborne, UPS, DHL Long Lake Camp 83 Long Lake Camp Way Long Lake, NY 12847 Attn.: Cindy, OFFICE



Mail to campers

Campers are welcome to receive mail (and send mail too!). Please feel free to send mail to your campers as often as you wish, but please limit it to letters.

CARE PACKAGES: packages to be shared with other campers are not necessary. Please don't send items to be shared with the whole bunk; we truly appreciate the thought, but it's safer for all campers just to send your child what they might wish.

Please do not send any food, gum or water – it will be thrown away. Please inform relatives and anyone else who might possibly send them something and tell your camper to inform their friends. Thank you for understanding that if food is sent by mistake, **we will not hold it** for the time your camper is with us....under any circumstances. *If your camper has a birthday during their stay with us, we will do a few things to celebrate: they will call you for a chat – even if it's not their call night and we'll make them a birthday cake and the whole camp will sing Happy Birthday to them.*

Shipping Luggage

Please send via UPS if you choose to have your camper take our BUS or FLY to Camp. UPS (United Parcel Service) is the service we suggest; they offer pick up from your house: 1-800-PICK-UPS. We do not accept trunks. Please use soft luggage only; duffel bags are ideal. Soft luggage with wheels also works. Do not use hard-sided suitcases. Again, **NO TRUNKS CAN BE USED** (even if you are dropping off your camper). Campers will unpack into cubbies/drawers/hanging space.

Dates to arrange luggage to arrive at Camp:

- Session start date June 22: **between Tuesday, June 17th and Friday, June 20st**
- Session start date July 14: **between Tuesday, July 8th and Friday, July 11th**
- Session start date August 4: **between Tuesday, July 29th and Friday, August 1nd**

ADDRESS TO USE TO SEND LUGGAGE VIA UPS:

Long Lake Camp (Arts or Adventures)
Your child's first and last name, CAMPER
83 Long Lake Camp Way
Long Lake, NY 12847

The more luggage you ship, the smoother your camper's arrival day will be. We'll have their luggage waiting for them at their bunk.

If you need us to ship your camper's luggage home after camp, please provide a pre-addressed label from UPS with the postage paid. We will email you the tracking number after we send it.

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Arts Camp / longlakecampforthearts@gmail.com
Adventure Camp / Lee@longlakecampadventures.com



Electronics, Photos During Camp, and After Camp Communication

ELECTRONICS

We have a common-sense policy about electronics; they are permitted, but we don't let them interfere with camp. Most campers will have cell phones because they use them as their camera and sometimes as a creative tool.

There is, however, no Wi-Fi for campers and little cell service. The photos on our site demonstrate our culture and the environment that's most typical. Campers quickly realize that camp is much more exciting than their phone! They are surprised to learn that they can be so happy without using their phone. They do not get to use them whenever they want.

If they are trying to call/text/etc., we let them know that this is an issue and they generally stop. If they don't stop, we do confiscate their phone. We only have to do this for a few campers each session – this is not a pervasive problem.

PHOTOS TAKEN DURING CAMP

During camp, we will post photos via the Campanion app.

We focus on capturing great moments unobtrusively instead of ensuring every camper gets photographed (our campers would not appreciate that).

LONG LAKE CAMP FOR THE ARTS ONLY

RECORDINGS OF PERFORMANCES, MUSIC AND FILMS AND RE-ENROLLING

Links to videos of all the shows (including SoundCloud recordings and camper-made Films) will be emailed to everyone in October.

After camp, we'll also post photos on our social media.

We will invite you to re-enroll during Visitors' Weekend. If you choose to do that, we'll send you official confirmation (including the Golden Ticket) in September. If you decide not to enroll at that time, we'll follow up with you; we love speaking with our families and finding out how we can help them return. The lowest rates for returners are usually available at Visitors' Weekend and the rate goes up a bit in September. Generally, the earlier you re-enroll, the better your rate will be.

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Travel TO Camp: BUS; chartered bus pickup (only our campers and staff are on buses)

- Please follow **COMPLETE INSTRUCTIONS**
- If you choose to use the Bus option and then change your mind (or if the pick-up location you need changes), you **MUST** call us right away please (914-693-7111).
- There is an \$100 charge for Bus transportation
- All buses usually arrive at camp around 4:30/5:00 p.m.
- Lunch: **Campers need to bring a disposable lunch.**

- Luggage: please ship as much as possible to us (see below for details). Campers can bring only one duffel bag to the chartered buses along with musical instruments, tennis racket, sleeping bag. We do not accept trunks.
- Medication: please pack any medication in a separate bag you can hand directly to our staff. Do not pack any medications (OTC or prescription) in your campers bag
- Please do not send your camper with any cash.

SESSION START DATE JUNE 22 – Bus Pickup Date: **Sunday, June 22**

SESSION START DATE JULY 14 – Bus Pickup Date: **Monday, July 14**

SESSION START DATE AUG. 4 – Bus Pickup Date: **Monday, August 4**

These are the pickup locations and times – please be patient during the loading/check-in process:

WEST ORANGE

Please be there by **7:30 a.m.**, Bus departs 8:00 a.m.

GPS: 18 Wilfred st. West Orange NJ, 07052

(this is the location of the Vanderhoof Bus Company we use)

QUEENS

Please be there by **9:30 a.m.**, Bus departs 10:00 a.m.

GPS: 9605 Queens Blvd. Rego Park, NY 11374

(The bus will pull up to the sidewalk on Junction Blvd. wherever there is space available)

YONKERS

Please be there by **10:30 a.m.**, Bus departs between 11:00 and 11:30 a.m. (count on being there for an 11:00 departure—exact time varies because we wait for the bus from Queens to join us and that timing is traffic-dependent) **GPS: Ride Hill Blvd. 45 Fitzgerald st. Yonkers NY 10710**

(This will bring you to Otis Garage Surface lot by Dick's Sporting Goods. DO NOT PARK GARAGE.)

CLIFTON PARK

Please be there by **1:30 p.m.**, Bus departs approximately 2:00 p.m.

GPS: Clifton Park Rest Area, Clifton Park, NY 12065

(Clifton Park Rest Area off the New York State Northway – Rt. 87 – between Exits 9 & 10)

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Travel TO Camp: FLY; we pick campers up only at Albany Airport (airport code ALB)

- There is an \$100 charge – if we also take your camper back to Albany for their flight home, there is no additional charge.
- Our most-trusted staff handle the airport pick-up; they'll be looking for your camper and they are easy to find because they wear brightly colored t-shirts that say "Long Lake Camp" in large letters.
- Unaccompanied Minor: the airlines usually require the contact details of the person responsible for pickup – please call or email us and we'll share that with you.
- Please call us before paying for your tickets so we can be certain they are for the correct day/time.
- Please avoid connections through Newark, NJ airport (they have the most flight delays/cancellations).
- Luggage: please ship as much as possible to us before your camper arrives (see below for details). Campers can bring only one duffel bag to the airport pick-up. Musical instruments, tennis racket, sleeping bag, etc. can be carried separately. **NO TRUNKS CAN BE TAKEN.**
- Medication: please pack any medication (prescription and over-the-counter in original containers) in a separate bag your camper can hand directly to our staff for safe-keeping during the trip up to camp. We will turn the medications into the infirmary upon arrival at camp. Please also be positive that any medication you send matches the Medical Forms *exactly*. The only medication campers are permitted to keep with them are rescue inhalers and epi-pens.
- International campers: we highly recommend obtaining a valid U.S. Visa for anyone with a foreign passport; please be positive that their names on their passports match their Visas and their tickets exactly. Please instruct your camper to turn in their passport upon arrival at camp (we'll hold it in our safe) and to retrieve it before leaving.
- Please do not send your camper with any cash – there is nothing for them to buy and we do not allow our staff to accept tips. If your camper is flying home and needs cash for that trip, we have a safe we can store it in for them – they need to bring it to the office.

SESSION START DATE JUNE 22 – Flight Arrival Date: **Sunday, June 22**

SESSION START DATE JULY 14 – Flight Arrival Date: **Monday, July 14**

SESSION START DATE AUG. 4 – Flight Arrival Date: **Monday, August 4**

Flights need to arrive at Albany Airport between 11 a.m. – 3:00 p.m. (11:30 is ideal)

Arriving within these times is ideal because it means your camper will arrive at camp in time for dinner and the big ice cream social. This way, they won't miss any of the fun!

914-693-7111

Arts Camp / longlakecampforthearts@gmail.com

Adventure Camp / Lee@longlakecampadventures.com



Travel TO Camp: DRIVE; you're welcome to drop your camper off

- GPS address: **83 Long Lake Camp Way, Long Lake, NY 12847**. Please be sure to use Exit 23 for Warrensburg. GPS directions suggest Exit 24 off the Northway, but your trip will be easier if you use Exit 23 which is for Route 9 – you'll have more options for gas, food, etc.
- Medication: please pack any medication (prescription and over-the-counter in original containers) in a separate bag you can hand directly to our staff who will turn the medications into the infirmary. Please also be positive that any medication you send matches the Medical Forms *exactly*. The only medication campers are permitted to keep with them are rescue inhalers and epi-pens.
- When you arrive, please do not get out of your car, and don't let your camper get out of your car until asked to do so by our staff. We'll welcome you both and guide you through the check-in process.
- Thank you in advance for understanding that parents are not able to tour camp beyond the entrance at drop off. Please understand that it won't be possible to meet and greet your camper's Unit Leader during drop off; they will be in touch with you after the first few days of camp to give you an update.
- We'll take campers to their bunks once all their bunkmates have arrived and we'll help them settle in.
- If your camper wishes to bring snacks with them upon arrival, that's fine – they'll be able to keep them with them.
- Please do not send your camper with any cash – there is nothing for them to buy and we do not allow our staff to accept tips. If your camper is flying home and needs cash for that trip, we have a safe we can store it in for them – they need to bring it to the office.

SESSION START DATE JUNE 22 – Drop off Date: **Sunday, June 22**

SESSION START DATE JULY 14 – Drop off Date: **Monday, July 14**

SESSION START DATE AUG. 4 – Drop off Date: **Monday, August 4**

Drop off times:

Gates will NOT open till 2pm.

Drop off is between 2 and 4 pm. If you arrive before 2PM we will NOT be able to take your child early.

Please arrive as close to these times as feasible. This will help your camper's experience start off the best way possible. This time frame means your camper will be able to have time to settle in, have a great dinner and enjoy our big ice cream social the first night.

914-693-7111

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Adventure Camp / Lee@longlakecampadventures.com



Travel Home From Camp:

ARTS CAMP:

- We offer Bus Transportation to Albany airport ONLY. All Campers will need to be picked up by their parents between 9:30 am and 11:00 am.

Parent's Weekend is for 3-week campers ONLY.

Pick up dates are:

2 WEEK CAMPERS : Session 1 – July 6, 2025 Session 2 – July 27, 2025, Session 3 – Aug. 17, 2025

3 WEEK CAMPERS : Session 1 - July, 13, 2025 Session 2 - Aug. 3, 2025 Session 3 - Aug. 24, 2025

ADVENTURE CAMP:

We offer a return Bus for 3 week Adventures Campers ONLY to our winter Office for an additional \$100 fee.

Drop off located is

199 Washinton Ave.

Dobbs Ferry NY 10522

The Bus will leave camp at 11 am and reached Dobbs Ferry between 4:30 and 5:30 pm. We will update parents via text when we are close.

- Parent pick up will be On the last day of camp between the hours of 9:30 - 11:00 AM

2 WEEK CAMPERS : Session 1 – July 6, 2025 Session 2 – July 27, 2025, Session 3 – Aug. 17, 2025

3 WEEK CAMPERS : Session 1 - July, 13, 2025 Session 2 - Aug. 3, 2025 Session 3 - Aug. 23, 2025

914-693-7111

Arts Camp / longlakecampforthearts@gmail.com Adventure Camp /
Lee@longlakecampadventures.com

ARTS FAMILIES ONLY VISITORS' WEEKEND IMPORTANT DETAILS

We hope you'll join us! This special weekend allows our campers to show off what they've been doing. **Please plan on being at camp for the full weekend so you don't miss anything.** The weekend includes many Theater shows, a big Circus show, a Dance show incorporating all styles of dance in a narrative piece, many Music and Vocal ensembles, many Rock Bands, and many other types of performances including a Variety Show as well as a big Fine Arts Gallery. All are welcome.

Please do not bring pets. Dates and times on next page.

- **Schedule:** We will give you the schedule for the weekend when you arrive (please know it is subject to change). We will not give out the schedule before this. Please know that a fair amount of time is spent outdoors this weekend and prepare appropriately per the weather forecast (and understand that the weather can change quickly!)
- **Announcements:** Before the first performance, the Owners (Marc and Susan) will welcome everyone, introduce the Camp Directors, Unit Leaders, and will make important announcements – please don't miss it.
- **Be Here For The Full Weekend:** Please plan on being at camp for the full weekend so you don't miss anything.
- **Hotel Reservations:** please scroll down for a list of area Hotels/Motels. Dates you'll need a reservation are under each session. We suggest getting a hotel for the Friday and Saturday of that weekend.
- **Pickup By Someone Other Than A Parent/Guardian:** If someone other than a parent/guardian will pick your camper up, we must have written permission from you as well as a copy of their driver's license please. Email both of these to: longlakeforms@gmail.com.
- **Swimming For Parents:** Weather-permitting, there may be times you are welcome to swim in our swimming area. Times will be on the Visitors' Weekend schedule. Please know there is no swimming permitted if our lifeguards are not on duty.
- **Luggage Pickup:** While you are at camp on Friday and Saturday, please plan on looking for your camper's luggage at the Tennis Courts which is close to the parking area and loading it in your car.
- **Triple-Check You Have Everything:** many items are left behind each session – please look through the luggage and items you've gathered from your camper to be certain you're not missing anything. Ask your camper if there is anything else they might be forgetting (including any medication and artwork they may have created). We are not responsible for forgotten items.
- **Can't Join Us?:** If you're not able to join us for the weekend, please know that we will look after your camper; we also record performances and send out links to everything in October (we spend time making the recordings look and sound their best). Please remember there are **no buses going home**, but we can take your camper to Albany (ALB) for a flight.
Reenrolling Opportunity For The Best Rate: we will email you before the weekend with the Reenrollment Form and offer the best rate possible for your camper to return.



VISITORS' WEEKEND – TIMES AND DATES

JUNE 22 – JULY 13 SESSION

Suggested hotel dates: Friday, July 11 and Saturday, July 12

- **Friday, July 11: Gates open at 2:30 p.m.**
 - When you arrive, we'll give you the schedule for the weekend (please know it is subject to change). **We will not give out the schedule before this.**
 - Please plan on being at camp for the full weekend so you don't miss anything.
 - **First show begins at 3:00 p.m.** and the Owners will welcome everyone and make important announcements – please don't miss that.
 - **Last show ends about 10:00 p.m.** (we'll provide dinner)
 - We'll bring the largest of their luggage to the Tennis Courts – please plan on looking for your camper's luggage and loading it in your car.
- **Saturday, July 12: First show begins at 9:00 a.m.** Gates open just before 9:00 a.m.
 - **Last show finishes about 10:00 p.m.** (we'll provide lunch and dinner)
 - Please look for your camper's luggage by the Tennis Court and load it in your car and triple-check nothing is missing.
- **Sunday, July 13: Camper pick-up is 9:30 – 11:00 a.m.**
 - Please triple-check nothing is missing – ask your camper if they have everything (including any medication and any artwork they may have created). After you leave, we cannot be responsible for items left behind.

JULY 14 – AUGUST 3 SESSION

(if your camper is joining us for the First 6 weeks, please plan on joining us for this weekend)

Suggested hotel dates: Friday, August 1 and Saturday, August 2

- **Friday, August 1: Gates open at 2:30 p.m.**
 - When you arrive, we'll give you the schedule for the weekend (please know it is subject to change). **We will not give out the schedule before this.**
 - Please plan on being at camp for the full weekend so you don't miss anything.
 - **First show begins at 3:00 p.m.** and the Owners will welcome everyone and make important announcements – please don't miss that.
 - **Last show ends about 10:00 p.m.** (we'll provide dinner)
 - We'll bring the largest of their luggage to the Tennis Courts – please plan on looking for your camper's luggage and loading it in your car.
- **Saturday, August 2: First show begins at 9:00 a.m.** Gates open just before 9:00 a.m.
 - **Last show finishes about 10:00 p.m.** (we'll provide lunch and dinner)
 - Please look for your camper's luggage by the Tennis Court and load it in your car and triple-check nothing is missing.
- **Sunday, August 3: Camper pick-up is 9:30 – 11:00 a.m.**
 - Please triple-check nothing is missing – ask your camper if they have everything (including any medication and any artwork they may have created). After you leave, we cannot be responsible for items left behind.



VISITORS' WEEKEND – TIMES AND DATES (continued)

AUGUST 4 – 24 SESSION

(if your camper is joining us for the Second 6 weeks, please plan on joining us for this weekend)

Suggested hotel dates: Friday, August 22 and Saturday, August 23

- **Friday, August 22: Gates open at 2:30 p.m.**
 - When you arrive, we'll give you the schedule for the weekend (please know it is subject to change). ***We will not give out the schedule before this.***
 - Please plan on being at camp for the full weekend so you don't miss anything.
 - **First show begins at 3:00 p.m.** and the Owners will welcome everyone and make important announcements – please don't miss that.
 - **Last show ends about 10:00 p.m.** (we'll provide dinner)
 - We'll bring the largest of their luggage to the Tennis Courts – please plan on looking for your camper's luggage and loading it in your car.
- **Saturday, August 23: First show begins at 9:00 a.m.** Gates open just before 9:00 a.m.
 - **Last show finishes about 10:00 p.m.** (we'll provide lunch and dinner)
 - Please look for your camper's luggage by the Tennis Court and load it in your car and triple-check nothing is missing.
- **Sunday, August 24: Camper pick-up is 9:30 – 11:00 a.m.**

Please triple-check nothing is missing – ask your camper if they have everything (including any medication and any artwork they may have created). After you leave, we cannot be responsible for items left behind.

914-693-7111

Arts Camp / longlakecampforthearts@gmail.com

Thank you again for entrusting your child to us.
We hope to see them again next summer!



Hotels & Motels In And Near Long Lake

SUMMER ADDRESS FOR GPS: 83 Long Lake Camp Way, Long Lake, NY 12847

HOTELS, MOTELS, COTTAGES, ROOMS: Many places require a 3-day minimum. Get confirmed written reservations. All are clean and tidy. Pricing is \$125-\$250 per night. They fill up quickly and you will not be able to book a room upon arrival. All motels listed are good – there are no better or worse ones on this list- get the first one that has rooms available please! OTHER OPTIONS: Air BNB www.airbnb.com, VRBO (Vacation Rentals By Owner) www.vrbo.com, other hotels in the area www.mylonglake.com, or for a longer stay please call Long Lake Real Estate at 518-624-2999 to inquire about cabins and lodges. For other hotels in the area, please go to www.mylonglake.com or call/email them at 518-624-3077, longlake@mylonglake.com.

INDIAN LAKE, NY (22 Miles South of Camp) Closer during your drive up for the weekend.

Adirondack Trail Motel	518-648-5044
Indian Lake Motel	518-648-5859
Point Breeze Motel	518-648-5555
Snowy Mountain Inn	518-648-5995

BLUE MOUNTAIN LAKE, NY (11 Miles South of Camp)

Blue Mountain Rest	518-352-7006
The Hedges	518-352-7325

LONG LAKE, NY (closest hotels to Camp) Very few rooms will actually be available.

Adirondack Hotel	518-624-4700
Blueberry Hill Motel	518-624-5824
Donnelly's Sunset Point	518-624-6551
Journeys End Cottages	518-624-5381
The Long View Lodge	518-624-2862
Motel Long Lake	518-624-2613
Sandy Point	518-624-3871
Shamrock Motel and Cottages	518-624-3861

TUPPER LAKE, NY (18 miles North of Camp) Has many units.

Maple Leaf Inn Motel	518-359-9040
Park Motel	518-359-3600 / 800-382-3603
Red Top	518-359-9209
Shaheens Motel	518-359-3384
Sunset Park Motel	518-359-3995
Timber Lodge	518-359-2320
Tupper Lake Motel	518-359-3381

SARANAC LAKE, NY (40 miles North of Camp)

Best Western	518-891-1970
Hotel Saranac	518-591-2200



Campers: How You Choose Activities

TO ALL OUR CAMPERS: HOW YOU CHOOSE ACTIVITIES

We're all passionate about you making the most of every day at camp; we can only help you if you tell us what you want. Your Unit Leader helps you make choices after you arrive.

Long Lake was created so you are in control of your schedule with our help and guidance. Getting everything you want at Long Lake Camp is truly easy! Everyone is included.

No matter your age or level of experience, you have full access and choice in what you do with our help and support. You can try an activity and if you enjoy it, choose it again; if you don't enjoy it, you don't have to choose it again.

Steps to your perfect summer...

1. Watch our videos and look over other parts of the website (if you haven't already) so you know what is possible to choose at camp.
2. Make a list of everything you most wish to do.
3. Tell us at camp what you want and we'll make sure you get started as soon as possible.
4. Make friends, stay busy and tell your Unit Leader what you need and want and you'll have the perfect summer!

Here is what will happen when you get to camp...

The arrival day is saying hello, making new friends, eating great food and meeting the staff who will live with you and be with you for mornings, meals and lights-out.

The first full day of camp you be with your bunk mates all day. You are introduced to every place on camp, every staff member, and we empower you to get what you want from camp. Right away you can tell us what you would like to do – it does not matter how old you are and whether you are a beginner or advanced – you can choose from everything at camp. For Arts Campers, Theater, Dance and Circus we hold auditions to help us cast you in the perfect role. Our auditions are very fair and created to help every camper do their best. We choose based on what we see that day and it does not matter if this is your first summer or 5th summer. These are the parts of camp everyone learns about during orientation:

914-693-7111

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Adventure Camp / Lee@longlakecampadventures.com



Parents: How to Prepare Your Camper

TO ALL OUR PARENTS: HOW TO PREPARE YOUR CAMPER

Thank you for choosing Long Lake Camp. We appreciate the trust you place in us and promise to take the very best care of your camper.

We want every camper to have the best summer of their life, but we cannot achieve this without your help and your child's willingness to speak up.

The key to an amazing summer is communication! We are very responsive and helpful, but if you or your camper does not communicate with us, we will not be able to help.

We need both you and your child to fully commit to the summer: trying new activities, making friends and telling us if there is anything your child or you do not like, or are not getting. Summer camp is a great place to develop confidence and self-advocacy, especially for our younger campers. Please do not tell your camper you will come and pick them up from camp after a couple of days. It can sometimes take a camper who is homesick to take a few days to settle. Our entire staff will work extremely hard to help every camper love Long Lake.

If your camper ever communicates anything to you that you think we should be aware of, please don't assume we know it – our campers are so sweet and kind that sometimes they don't share everything with us. The more we know, the better we can help your camper have the best time at camp.

Long Lake offers campers a tremendous number of opportunities, which can be overwhelming for a few campers – especially if they are a little shy. Please encourage them to speak up and tell us if there is anything we can do to help. Our Unit Leaders excel at helping campers if they tell us what they need or if there are any problems. When talking to your child's Unit Leader, please tell them of any concerns regarding your child participating or if your child may appear happy and busy but may need to be motivated further to take full advantage of everything.

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Adventure Camp / Lee@longlakecampadventures.com



Bunk Assignments and Bunk Requests

If your camper is new to us, please be assured that there will be many other new campers right around their age who also don't know anyone in the bunk. We keep the age range in each bunk as narrow as possible – it's usually about a year to a year-and-a-half between the youngest and oldest camper. Your camper will never be the only new camper in their bunk – regardless which session they attend! Most campers arrive the first day of each session. There will be a few who are staying for multiple sessions, but we take this into account as well when doing bunk assignments.

All campers learn their bunk assignments on the first day of the session.

Campers are welcome to provide up to two names of other campers they would like to be their bunk mates. Please ask your camper to confirm with the friend(s) they would like to bunk with that they have also filled out a request to bunk with them. You can make this request on the Companion App. We do our best to accommodate all requests but cannot guarantee everyone will get what they wish as age, grade, number of campers in each age group and session all have a bearing on the decision. We will do everything possible to grant at least one of their requests.

Thank you in advance for understanding that we do not accept requests for specific bunks.

914-693-7111

Arts Camp / longlakecampforthearts@gmail.com

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Medication Information

Both Prescription (RX) and Over-The-Counter (OTC)

Sending medication to camp:

Any medication you send to camp, both prescription and over-the-counter, must be in its original container with your camper's name on it and must be turned into us when you arrive. *Campers are not permitted to keep any medication with them in the bunk (rescue inhalers and Epi Pens are the only exceptions).*

The prescription medication you send to camp **MUST** match the list of prescription medications on the Medical Forms **EXACTLY** in terms of the type of medication as well as dosage instructions.

Please compare the medications you're sending with what you've submitted on the Medical Forms just before camp to make certain nothing has changed. This will help avoid any delay in us helping your child stay healthy if there has been a medication change. If there is a mismatch, we are unable to give your camper the medication.

All medications are stored in and dispensed from our infirmary:

The only medication campers are permitted to have in the bunk are rescue inhalers and/or Epi Pens. All medication is dispensed by our staff Registered Nurses.

What to do if the PRESCRIPTION medication your camper will bring to camp changes *after* you've completed the Medical Forms:

You must get a signed note from the same doctor who signed the form on their letterhead stating exactly what your child needs to take along with frequency, timing and dosage. It is **not** necessary to have the Medical Forms redone. This only applies to prescription medication.

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Suggested Packing List

This list is only a recommendation and it is not necessary to purchase all these items new. We suggest you label clothing and belongings; it's not mandatory and you're welcome to use whatever method/labeling product you prefer. We also suggest shipping as much as possible in advance if you're choosing the Bus option to get to camp. *Please remember not to send anything irreplaceable to camp.*

Clothing

- 4-6 short-sleeve shirts
- 5 pr. Shorts
- 2 long-sleeve t-shirts
- 4 pr. jeans/long pants (and belts if desired)
- 2 sweatshirts
- 10 pr. Socks
- 12 pr. Underpants
- 2 pr. Pajamas
- 2-4 bathing suits
- Bathrobe
- Heavy jacket (like a fleece jacket)
- 3 white tee shirts
- Dressy outfit (Night Club activity 3rd session only)
- Raincoat/hat or poncho

Linens

- 2 sheets, 54" x 90" (twin flat)*
- 2 heavy blankets*
- 3 bath towels*
- Pillowcase* (pillow is provided)
- Face cloths/washcloths (if desired)
- Beach towel
- Lightweight sleeping bag for overnight camping

* Unless linen service is selected.
It includes: pillowcase (we provide a pillow),
2 sheets, bath towel, heavy blanket

Footwear

- Sneakers
- Rain boots
- Slippers/flip flops
- Hiking boots (optional for hiking, light duty)
- Over the ankle boots with cutaway heel*
(like cowboy boot have)

*needed if they wish to horseback ride

Camp Life

- Flashlight & batteries
- Large laundry bag marked with name
- Digital camera/disposable camera
- Reusable water bottle
- Writing paper/envelopes/stamps/pens
- Books to read
- Voltage converters (if you are from overseas)
- Inexpensive watch
- Musical instrument*

*unless rented

Toiletries

- Sun block cream
- Soap/container
- Comb/brush
- Shampoo/ Conditioner
- Deodorant
- Toothbrush & ample toothpaste
- Make-up remover
- Chapstick
- If desired, nail polish (and remover)
- Cotton balls & Q-Tips
- Insect repellent

For Performing Arts / Arts Campers Only

- Black tights girls/ black pants boys
- Character shoes (black or brown formal shoe for plays)

For Dancers / Arts Campers Only

- Black tap shoes (if you like tap)
- Pink ballet slippers, toe shoes if en pointe
- Black, flesh, pink convertible tights
- Black camisole leotard
- Hip hop shoes (if you like hip hop)
- Black jazz pants, jazz sneakers/shoes
- Foot ndeez for modern (if you like modern)
- Regular class apparel, like leg warmers, toe pads, ballet skirts, make-up and hair accessories