



Thank You For Choosing Long Lake Camp Adventures!

What Should You Do After Enrolling?

- 1- Read this Guidebook
- 2- Get your Companion App set up
(We sent the link via email, and a how-to use video)
- 3- Complete all the required forms via
Companion App
(As soon as possible)

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Page 1: MEDICAL FORMS

All the required **Medical Forms** are located on the Companion App.

- **Doctors' Standing Order:** (Located on the App under doctor forms, needs to be signed by BOTH you and your child's pediatrician.)
- **Medication Form:** (Located on the App under doctor forms, needs to be signed by BOTH you and your child's pediatrician.) All prescription and over-the-counter medications **must** be listed on the Medication form. It is required by the New York State Department of health for us to obtain this order to dispense any medications. We cannot dispense ANY medications without this form!!
- **Physical Exam and Immunization Records:** (You can get this from your child's pediatrician and must be within 2 years).

All the above forms are to be uploaded to the Doctor Forms

- **Meningitis Form:** (Located on the App under meningitis 2026, and needs to be signed by the Parent). Please upload to Meningitis
- **Parent Authorization Form:** (Located on the App under Parent Authorization 2026, needs to be signed by the parent. A copy of the front and back of your insurance card needs to be added.) Please, upload to Parent Authorization

Page 2: CAMP FORMS

All the required [Camp Forms](#) are located on the Companion App

- [Bunk Request](#): To be filled out by parents with the camper right on the Companion App. (Please note we can only accept 2 requests, and they need to be the same age, gender, and grade.) If your camper is new to Long Lake, be assured, we will have many new campers in each session within your camper's age group. Each bunk has a combination of both new and returning campers in each bunk to ensure that both our new and returning campers are comfortable and feel welcomed.
- [Additional Options](#): To be filled out by the parents right on the Companion app. This section included Linen Rentals, Instrument rentals.
- [Camp Activities you Want](#): To be filled out by parents with the camper right on the App. Please list all the activities that your child is excited to try at camp, as well as any activities that you, the parents, would like to see them doing while at camp.
- [Health History](#): To be filled out by the parents right on the App. This will help us take great care of your camper. All dietary needs, past or current medical conditions, and social-emotional needs will be added here. All current medications will be added here as well.
- [Transportation](#): To be filled out by the parents right on the App. This is where all the bus options, if chosen, would be, as well as the arriving by car option.

Page 3: Travel Options To Camp

- **Driving To Camp:**

- **The GPS Address / 83 Long Lake Camp Way Long Lake, NY 12847**

Please arrive between 2 and 4 pm. Our gates will NOT open before 2 pm, so please plan your driving times accordingly, as we are not able to accommodate campers arriving before 2 pm!

When you arrive at camp, you will be directed by our staff as to where to go. When advised to place your car in park, please exit your vehicle, and our staff will help you unload the luggage. PLEASE hand over ALL medications to the staff at this time so they can be brought to our infirmary to be checked in. No medications can be kept in your camper's luggage. Once your car is unloaded, you will be asked to get back into your vehicle and depart from camp.

ANYONE USING OUR BUS SERVICE, PLEASE SHIP AS MUCH LUGGAGE AS POSSIBLE TO US BEFORE CAMP. CAMPERS CAN BRING ONE DUFFEL BAG TO THE CHARTED BUSES. ALL SHIPPING DIRECTIONS CAN BE FOUND UNDER THE "SHIPPING LUGGAGE SECTION" OF THIS GUIDEBOOK.

- **Flying to Camp / Albany Airport Bus:**

(There is a \$100 charge for this service, \$200 for a round trip)

All flights need to be scheduled to land at Albany Airport between **11:30 am and 3 pm**. Any campers who are flying as an Unaccompanied minor should **CALL US** before booking so we can provide you with the needed details of our pick-up personnel. Any parents who meet us at Albany airport should meet us in baggage claim between 11:30 am and 3 pm. We send our most trusted staff to the airport, and we are easy to find due to our brightly colored T-shirts. Our staff will have all the flight details, names of campers flying or meeting us at baggage claim, and will be in constant contact with the main office. If any flight changes occur, you **must** give us a call as soon as you are aware of any flight delays or changes. Please also remind your camper that any medications they are bringing to camp **MUST** be turned in as soon as they arrive at camp. The bus usually arrives at camp between 5 and 6 pm.

Page 4: Travel Options To Camp

-Arriving to Camp Bus Options

(There is a \$100 charge for this service) All campers who take the bus will need to pack a bagged lunch. Our buses do have AC and bathrooms on them, as well as our most trusted, experienced staff.

WEST ORANGE, NJ / Please arrive there by 7:30 am, Bus departs 8 am.

GPS: 18 Wilfred St., West Orange, NY 07052

(This is the location of the Vanderhoof Bus Company we use.)

QUEENS, NY / Please be there by 9:30 am, bus departs 10 am

GPS: 9605 Queens Blvd., Rego Park, NY 11374

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

Ardsley, NY / Please be there by 10:30 am, bus departs between 11 and 11:30 am

GPS: Ardsley Travel Plaza locate don the NYS Thruway (I-87) between Exit 6A and Exit 7

Mile Post, 6N NY State Thruway, Hastings-on-Hudson NY 10706

CLIFTON PARK, NY / Please be there by 1:30 pm, bus departs approximately 2 pm

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

SESSION START DATES / BUS PICK UP DATES

First 2wks, 4wks, 6wks / June 28, 2026

Second 2ws, 4wks, 6wks / July 13,2026

Third 2wks, 4wks / July 27, 2026

Fourth 2wks / Aug. 10, 2026

Page 5: Travel Options Home From Camp

Parent Pick up by car: Pick-up is between 9:30 and 11 am.

The campers will be at the top field with any luggage not picked up during parents' day. Please triple-check that they have all their belongings. We are not responsible for any items left at camp!

Bus To Albany Airport:

(There is a \$100 service fee for this option \$200 for a round-trip)

Again, all flights will need to be scheduled between 11:30 am and 3 pm. Our bus will depart from camp at 7:30 am on departure day and arrive at Albany Airport

by 10 am. Any parents who are meeting us at baggage claim to pick up their camper should plan to arrive between 11:30 am and 3 pm.

Bus to Dobbs Ferry:

(There is a \$100 service fee for this option \$200 for a round-trip)

The bus will leave camp at 11 am and will arrive in Dobbs Ferry between 4:30 & 5:30 pm. We will update you via text messages when we are roughly 2 hours away and again when we are 30 minutes away. The pick up Address is **199 Washington Ave. Dobbs Ferry, NY 10522**

SESSION END DATES / DEPARTURE

First 2wks / July 12, 2026

First 4wks, Second 2wks / July 26, 2026

First 6wks, Second 4wks, Third 2wks / Aug. 9, 2026

Second 6wks, Third 4wks, Fourth 2wks / Aug. 23, 2026

Page 6 / Parents Day:

First 2wk session: Saturday, July 11, 2026, Gates open 2:00 pm. Events run till roughly 7:30 pm. Dinner will be served

First 4wk & Second 2wk sessions: Saturday, July 25, 2026, Gates open at 2:00 pm. Events run till roughly 7:30 pm. Dinner will be served

First 6wk, Second 4 wk, Third 2wk sessions: Saturday Aug. 8, 2026, gates open at 2:00 pm. Events run till roughly 7:30 pm. Dinner will be served

Second 6wk, Third 4 wk, Fourth 2wk sessions: Saturday, Aug. 22, 2026, gates open at 2:00 pm. Events run till roughly 7:30 pm. Dinner will be served

We hope you'll join us for this special weekend, which allows our campers to show off what they've been working on. Please plan to be there for the full afternoon so you don't miss anything. This day will be jam-packed with moments you won't want to miss. All families and extended families are welcome to join us for this event. You will have opportunities to take your camper out of camp if you choose to during this day. They will need to be signed out and return to camp before the conclusion of Parents' Day. A schedule will be handed out upon arrival with a rundown of all the events. We have added a hotel/motel list and advise you to book early, as they tend to fill up quickly. Below are just a few helpful things for the weekend.

SCHEDULE: Will be given when you arrive.

ANNOUNCEMENTS: To kick things off, we will introduce our Camp Director, Unit leaders, and make important announcements – please don't miss it

HOTEL RESERVATIONS: Please find the list of hotels/motels attached. We suggest booking a hotel on Saturday, and booking early as they fill quickly

Page 7 / Parents Day

PICK UP OF CAMPER BY OTHER THAN PARENT/GUARDIAN: If someone other than a parent/guardian will pick up your camper, we must have written permission from you as well as a copy of their driver's license

LUGGAGE PICKUP: While you're at camp on Saturday, please plan on looking for your camper's luggage at the paintball field, which is close to the parking area. Please load that into your car.

TRIPLE CHECK YOU HAVE EVERYTHING: Many items are left behind each session. Please look through your campers' luggage and items you've gathered to be certain you have everything. Ask your camper if they are missing anything (medications, artwork, etc.). We are not responsible for forgotten items

CAN'T JOIN US: If you're not able to join us for Parents Day, please know we will look after your camper.

Page 8 / Hotels and Motels:

Long Lake, NY

Adirondack Hotel 518-624-4700
Blueberry Hill Motel 518-614-5824
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

Blue Mountain Lake, NY (11 Miles South of Camp)

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

Tupper Lake, NY (18 Miles North of Camp)

Maple Leaf Inn Motel 518-359-9040
Park Motel 518-359-3600
Shaheens Motel 518-359-3384
Red Top 518-359-9209
Sunset Park Motel 518-359-2320
Timer Lodge 518-359-2320
Tupper Lake Motel 518-359-3381

Indian Lake, NY (22 miles South of Camp)

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

Saranac Lake, NY (40 miles North of Camp)

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

Page 9: Shipping Luggage:

All families using our bus services to camp, we ask that you ship as much luggage as possible to the camp. We can only allow 1 duffel bag on the chartered bus per camper. (Not including a personal item i.e., backpack)

Please send via UPS or FedEx. We suggest UPS as they offer to pick up from your house, 1-800-PICK-UPS. We do not accept trunks or hard luggage. Please use soft luggage only; duffel bags are ideal. Soft luggage with wheels is also fine. Campers will unpack into cubbies/drawers/hanging spaces, and their duffels will be placed under their beds. We recommend shipping the luggage 4-7 days before the start of the camp. If you would like us to ship the luggage back home, you will need to provide us with a return UPS label.

Please send the luggage to :

Long Lake Camp Adventures
YOUR CAMPERS' NAME (first and last)
83 Long Lake Camp Way
Long Lake, NY, 12847

We will have your campers' luggage ready for them in their bunk upon arrival at camp

Page 10: Sending Mail and Packages to Your Camper

Our campers love to get mail, and we encourage you to send them some!!

If you're sending your camper a letter/package from the **Post Office**, please use the following address

Campers Full Name
PO Box 248
Long Lake NY 12847

If you're sending your camper a package from **Amazon, UPS, or FedEx**, please use the following address

Campers Full Name
83 Long Lake Camp Way
Long Lake, NY 12847

If you're sending your camper an email via the Companion App. Please note we print these out daily and place them in your child's bunk mail box, and they are handed out daily after dinner. It is important to note that your camper will not be able to email you back.

If your camper is sending mail to you, we go to the Post Office Monday - Saturday and will provide stamps as needed to make sure those letters get home to you!

Page 11: Important phone numbers and Emails

Camp Summer Phone Numbers

Adventures Main Office 518-624-0027 or 518-624-0028

Important Email Address

(All inboxes will be checked daily)

adventures@longlakecamp.com (general inbox)

info@longlakecamp.com (general inbox)

longlakeforms@gmail.com (for medical-related forms and questions)

Please note that we will be checking all those inboxes daily. In case of an emergency or for a quick response, we advise you to please call us.

Page 12: Suggested Packing List

Clothing

4-6 short-sleeve Shirts
5 pairs of shorts
2 long-sleeve t-shirts
4 pairs of jeans/long pants
2 sweatshirts
10 pairs of socks
12 pairs of underpants
2 pairs of pajamas
Heavy Jacket (like fleece)
3 white t-shirts
Dressy outfit (3rd session only)
Raincoat/poncho

Footwear

Sneakers
Rain Boots
Slippers/Flip Flops
Hiking Boots (optional for hiking, light duty)
Over the ankle boot with cutaway heel
9 Needed for Horseback)

Camp Life

Flashlight & batteries
Large laundry Bag with NAME
Water Bottle
Books to read
Writing paper/envelopes/pens
Digital camera/disposable camera

Toiletries

Sun block

Page 13: Suggested Packing List

Soap/container
Comb/brush
Shampoo/conditioner
Deodorant
Toothbrush and ample toothpaste
Make-up remover
Chapstick
If desired, nail polish
Cotton balls/Q-tips
Insect Repellent
Feminine products

Linens (if you're not renting)
2 sheets, 54" x 90" (twin flat)
2 heavy blankets
3 bath towels
Pillowcase (pillow is provided)
Face cloths/washcloths (if desired)
Beach towel
Sleeping Bag (for overnight camping trip)