LONG LAKE CAMP ADVENTURES

2027 Parent & Camper Guidebook

Thank you for choosing Long Lake Camp Adventures!

We are excited to welcome your family to camp for an unforgettable summer. This guidebook contains everything you need to prepare for your camper's arrival, stay, and departure.

Please take a few minutes to read through the information carefully. We look forward to seeing you this summer!

Getting Started: What to Do After Enrolling

Once your camper is enrolled, please complete these three steps:

1. **Read this Guidebook.** Familiarize yourself with our policies, travel arrangements, and important dates.
2. **Download the Campanion App.** We have emailed you the link along with a how-to video.
3. **Complete All Required Forms.** Please submit all medical and camp forms through the Campanion App as soon as possible.

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Required Medical Forms

All required medical forms are available through the **Campanion App**.

Please complete and upload each form to its designated section.

Doctor Forms

The following forms must be uploaded under **Doctor Forms**:

1. **Doctors' Standing Order**

- Located in the Doctor Forms section of the app.
- Must be signed by both the parent and your child's pediatrician.

2. **Medication Form**

- Located in the Doctor Forms section of the app.
- Must be signed by both the parent and your child's pediatrician.
- All prescription medications **MUST** be listed on this form.

IMPORTANT: New York State Department of Health regulations require this authorization before we can dispense medication. We cannot administer any medications without a completed Medication Form.

3. **Physical Exam & Immunization Records**

- Obtain a copy from your child's pediatrician or you may use the physical and immunization forms provided in the app.
- Records must be dated within the past two years.

Please upload all these items to the **Doctor Forms** section.

Additional Medical Forms

4. **Meningitis Form**

- Located under the Meningitis section.
- Must be completed and signed by a parent.
- Upload to the Meningitis section.

5. **Parent Authorization Form**

- Located under Parent Authorization.

- Must be completed and signed by a parent.
- Please include a copy of the front and back of your insurance card.
- Upload everything to the Parent Authorization section.

Required Camp Forms

All camp forms are available through the **Campanion App**.

Please complete the following forms with your camper whenever indicated.

1. **Bunk Request**

- Complete this form together with your camper.
- We can accommodate a maximum of two bunk requests.
- Both requested campers must be of the same age, gender, and grade.

New Campers: If this is your camper's first summer at Long Lake, please don't worry! We welcome many new campers every session. Each bunk includes a combination of new and returning campers to help everyone feel comfortable, included, and welcome.

2. **Additional Options**

Parents should complete this section directly in the app.

Options include:

- Linen rentals
- Instrument rentals

3. **Camp Activities**

Please complete this section together with your camper.

List all the activities your camper is excited to try, along with any activities you would like them to experience during their summer at camp.

4. **Health History**

Parents must complete this form.

This information helps us provide the best possible care for your camper. Please include:

- Dietary needs and restrictions
- Past and current medical conditions

- Social-emotional needs
- All current medications

5. **Transportation**

Parents must complete this section in the app.

Please select your camper's transportation arrangements, including:

- Bus transportation options, if applicable
- Arrival by car

Travel Options TO Camp

There are several ways to get your camper to Long Lake Camp Adventures.

Option 1: Driving to Camp

Camp Address:

Long Lake Camp Adventures 83 Long Lake Camp Way Long Lake, NY 12847

Arrival time: 2:00–4:00 PM

IMPORTANT: Our gates will NOT open before 2:00 PM. Please plan your travel accordingly, as we cannot accommodate early arrivals.

When You Arrive:

1. Follow the directions provided by our staff.
2. Once instructed to park, please exit your vehicle.
3. Our staff will assist you with unloading your camper's luggage.
4. All medications must be handed directly to staff for check-in at the infirmary.
5. Once your vehicle is unloaded, you will be asked to return to your car and depart.

Medication Reminder: No medications may be kept in your camper's luggage.

Option 2: Flying to Camp – Albany Airport

$100 one way | $200 round trip

Camp provides transportation between Albany International Airport and camp.

Arrival Flight Requirements:

- All flights must be scheduled to land between 11:30 AM and 3:00 PM.
- The camp bus generally arrives at camp between 5:00 and 6:00 PM.

Unaccompanied Minors:

If your camper will be flying as an unaccompanied minor, please CALL OUR OFFICE before booking the flight. We will provide the necessary information regarding our airport pickup personnel.

Parents Meeting Campers at the Airport:

- Please meet our staff in the baggage claim area between 11:30 AM and 3:00 PM.
- Our staff members will be wearing brightly colored camp T-shirts, making them easy to identify.
- Our team will have all flight information and camper names and will remain in contact with our main office.

Flight Changes or Delays:

If your camper's flight is delayed or changed, please call our office as soon as possible.

Medication Reminder: Please remind your camper that all medications must be turned in to camp staff immediately upon arrival at camp.

Option 3: Charter Bus Transportation to Camp

- **BUS TRAVELERS: IMPORTANT LUGGAGE INFORMATION**
- If your camper is taking one of our chartered buses, please ship as much luggage as possible to camp before arrival.
- Each camper may bring only **ONE DUFFEL BAG** on the bus, in addition to a personal item such as a backpack.

$100 per camper

All campers taking a chartered bus must bring a **bagged lunch**.

Our buses are equipped with:

- Air conditioning
- Bathrooms

Please arrive at the designated pickup location on time.

Bus Pickup Locations

Pickup Addresses

West Orange, NJ

Arrival time: 7:30 am

Bus departure: 8:00 am

GPS address: 18 Wilfred St. West Orange, NJ 07052

This is the location of the Vanderhoof Bus Company.

Queens, NY

Arrival time: 9:30 am

Bus Departure: 10 am

GPS address9605 Queens Blvd. Rego Park, NY 11374

The bus will pull up along Junction Boulevard, where space is available.

Ardsley, NY

Arrival time: 10:30 am

Bus Departure: 11-11:30 am

GPS address: Ardsley Travel Plaza New York State Thruway (I-87) Between Exits 6A and 7 Mile Post 6N Hastings-on-Hudson, NY 10706

Clifton Park, NY

Arrival Time: 1:30 pm

Bus Departure: Approximately 2 pm

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

2027 Session Start Dates & Bus Pickup Dates

Session	Start Date
First 2-, 4-, & 6-Week Sessions	June 27, 2027
Second 2-, 4-, & 6-Week Sessions	July 12, 2027
Third 2- & 4-Week Sessions	July 26, 2027
Fourth 2-Week Session	August 9, 2027

Travel Options HOME from Camp

At the end of the session, families may choose from the following transportation options.

Option 1: Parent Pickup by Car

Pickup: 9:30–11:00 AM

Campers will be waiting at the top field with any luggage that was not collected during Parents' Day.

Please:

- Check that your camper has all personal belongings.
- Make sure all luggage and items are loaded into your vehicle.
- Double-check that nothing has been left behind.

Please Note: Long Lake Camp Adventures is not responsible for belongings left at camp.

Option 2: Bus to Albany Airport

$100 one way | $200 round trip

Flight Requirements:

- All departing flights must be scheduled between 11:30 AM and 3:00 PM.
- The bus will depart camp at 7:30 AM on departure day.

- The bus is expected to arrive at Albany Airport by 10:00 AM.

Parents meeting their campers at the airport should plan to arrive between 11:30 AM and 3:00 PM.

Option 3: Bus to Dobbs Ferry, NY

$100 one way | $200 round trip

Departure from Camp: 11:00 AM

Estimated Arrival: 4:30–5:30 PM

Pickup Address:

199 Washington Ave. Dobbs Ferry, NY 10522

We will send text message updates when the bus is approximately:

- Two hours away
- 30 minutes away

2027 Session End Dates & Departure Dates

Session	Departure Date
First 2-Week Session	July 11, 2027
First 4-Week & Second 2-Week Sessions	July 25, 2027
First 6-Week, Second 4-Week & Third 2-Week Sessions	August 8, 2027
Second 6-Week, Third 4-Week & Fourth 2-Week Sessions	August 22, 2027

Parents' Day

Parents' Day is one of the highlights of the summer!

This special day gives campers the opportunity to show their families everything they have been working on and enjoying throughout their time at camp.

All parents, family members, and extended family are welcome.

2027 Parents' Day Dates

Sessions	Parents' Day
First 2-Week Session	Saturday, July 10
First 4-Week & Second 2-Week Sessions	Saturday, July 24
First 6-Week, Second 4-Week & Third 2-Week Sessions	Saturday, August 7
Second 6-Week, Third 4-Week & Fourth 2-Week Sessions	Saturday, August 21

Gates Open at 2:00 PM

- Events run until approximately 7:30 PM.
- Dinner will be served.
- A detailed schedule will be provided upon arrival.

We encourage families to spend the entire afternoon with us so you don't miss any of the special moments and activities!

Important Parents' Day Information

Schedule

A complete schedule of events will be handed out when you arrive.

Announcements

We will begin by introducing our Camp Director, Unit Leaders, and sharing important camp announcements. Please make sure you are present for this!

Taking Your Camper Out of Camp

Families may take their camper out of camp during Parents' Day if they wish.

- Campers must be officially signed out.
- All campers must return before the conclusion of Parents' Day.

NO ANIMALS ARE ALLOWED AT PARENTS' DAY.

Picking Up Your Camper with Someone Other Than a Parent/Guardian

If someone other than a parent or legal guardian will be picking up your camper, we must receive:

- Written permission from the parent/guardian.
- A copy of the authorized person's driver's license.

Luggage Pickup

While visiting camp on Saturday, please collect your camper's luggage from the **paintball field**, located near the parking area.

Please plan to load the luggage into your vehicle.

Double-Check All Belongings!

Many items are accidentally left behind at the end of each session.

Before leaving, please:

- Check all luggage and personal belongings.
- Ask your camper if anything is missing.
- Make sure you have medications, artwork, and other personal items.

Long Lake Camp Adventures is not responsible for forgotten or lost belongings left at camp.

Can't Join Us?

If you are unable to attend Parents' Day, please don't worry. Our staff will take good care of your camper!

Hotels & Motels

We recommend booking your accommodations as early as possible, as hotels and motels in the area tend to fill up quickly during the summer.

Below is a list of nearby accommodations to help you plan your Parents' Day visit.

Long Lake, NY

Hotel / Motel	Phone
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 & Cottages	518-624-3861

Blue Mountain Lake, NY

Approximately 11 miles south of camp

Hotel / Motel	Phone
Blue Mountain Rest	518-352-7006
The Hedges	518-352-7325

Tupper Lake, NY

Approximately 18 miles north of camp

Hotel / Motel	Phone
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

Approximately 22 miles south of camp

Hotel / Motel	**Phone**
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

Approximately 40 miles north of camp

Hotel / Motel	**Phone**
Best Western	518-891-1970
Hotel Saranac	518-591-2200

Shipping Luggage

For families using our chartered bus transportation, we strongly encourage shipping as much luggage as possible directly to camp.

Bus Luggage Limit:

- Each camper may bring ONE duffel bag on the chartered bus.
- A personal item, such as a backpack, is also permitted.

Shipping Instructions

- Ship luggage using UPS or FedEx.
- We recommend UPS, which offers home pickup service at 1-800-PICK-UPS.
- We do not accept trunks or hard-sided luggage.
- Soft luggage is required. Duffel bags are ideal.
- Soft-sided luggage with wheels is also acceptable.

When Should I Ship?

We recommend shipping luggage **4–7 days before your camper's session begins**.

Luggage at Camp

Campers will unpack their belongings into their assigned cubbies, drawers, and hanging spaces. Duffel bags will be stored underneath their beds.

Your camper's shipped luggage will be waiting in their bunk upon arrival.

Shipping Luggage Home

If you would like camp to ship your camper's luggage home at the end of the session, you must provide a prepaid return UPS shipping label.

Shipping Address

Long Lake Camp Adventures

Camper's Full Name

83 Long Lake Camp Way

Long Lake, NY 12847

Sending Mail & Packages to Your Camper

Campers LOVE receiving mail! We encourage families to send letters and packages throughout the summer.

Please Do Not Send Food or Candy.

Campers are not permitted to keep food in their bunks. Any food or candy received will be collected by camp staff and donated.

Sending Mail Through the Post Office

For letters and packages sent through the U.S. Postal Service, please use:

Long Lake Camp Adventures

Camper's Full Name

PO Box 248

Long Lake, NY 12847

Sending Packages Through Amazon, UPS, or FedEx

Please use the following physical address:

Long Lake Camp Adventures

Camper's Full Name

83 Long Lake Camp Way

Long Lake, NY 12847

Sending Emails Through the Campanion App

You may also send your camper emails through the Campanion App.

- Emails are printed daily.
- Printed emails are placed in your camper's bunk mailbox.
- Mail is distributed daily after dinner.

Please Note: Campers cannot email you back.

Sending Mail Home

If your camper would like to send you a letter, we visit the Post Office Monday through Saturday.

We will provide postage stamps as needed to make sure your camper's letters make it home!

Important Contacts & Electronics Policy

Camp Office Contact Information

Long Lake Camp Adventures

Main Office

518-624-0027

518-624-0028

Email Addresses

MAIN INBOX

LEE@LONGLAKECAMPADVENTURES.COM

GENERAL QUESTIONS

adventures@longlakecamp.com

MEDICAL FORMS & QUESTIONS

longlakeforms@gmail.com

All email inboxes are checked daily.

For emergencies or situations requiring an immediate response, please CALL our office.

Electronics Policy

At Long Lake Camp Adventures, we want campers to enjoy their summer, stay engaged, and make meaningful connections with their fellow campers.

To help create this environment, we have the following electronics policy:

Where Electronics Must Stay

- All electronics must remain in the bunks throughout the day.

Wi-Fi & Cell Service

- Wi-Fi is not available at camp.
- Cell service is extremely limited.
- All electronic devices must remain on airplane mode at all times.

Permitted Use

Electronics may only be used during approved times like rest hour or bedtime and only for listening to:

- Previously downloaded music
- Podcasts
- Audiobooks

Not Permitted

Electronica may NOT be used for:

- Calling
- Texting
- Social media
- Internet browsing
- Any other online communication

Policy Violations

If a camper does not follow the electronics policy:

- The family will be notified.
- The device may be taken away and stored in our camp safe for the remainder of the session.

Thank you for helping us maintain a fun, engaging, and connected camp environment!

Suggested Packing List

Please use this checklist when packing for your camper's summer at Long Lake Camp Adventures.

Clothing

4–6 short-sleeve shirts

5 pairs of shorts

2 long-sleeve T-shirts

4 pairs of jeans or long pants

2 sweatshirts

10 pairs of socks

12 pairs of underwear

2 pairs of pajamas

1 heavy jacket (fleece recommended)

3 white T-shirts

1 dressy outfit (Third Session only)

1 raincoat or poncho

1–3 swimsuits

Footwear

Sneakers

Rain boots

Slippers or flip-flops

Hiking boots (optional, for light-duty hiking)

Over-the-ankle boots with a cutaway heel (required for horseback riding)

Camp Life & Personal Items

Flashlight and extra batteries

Large laundry bag labeled with camper's name

Reusable water bottle

Books for reading

Writing paper, envelopes, and pens

Digital or disposable camera

Toiletries

Sunscreen

Soap and soap container

Comb or hairbrush

Shampoo and conditioner

Deodorant

Toothbrush and plenty of toothpaste

Makeup remover

Lip balm (Chapstick)

Nail polish (optional)

Cotton balls and Q-tips

Insect repellent

Feminine hygiene products, if needed

Linens (If Not Renting from Camp)

2 twin flat sheets (54" x 90")

2 heavy blankets

3 bath towels

Pillowcase (pillow is provided)

Face cloths or washcloths (optional)

Beach towel

Sleeping bag (for overnight camping trip)

We Can't Wait to See You This Summer!

Thank you again for choosing Long Lake Camp Adventures.

We appreciate your trust in us and look forward to providing your camper with an incredible summer filled with friendships, adventure, new experiences, and lifelong memories.

If you have any questions before the summer begins, please don't hesitate to contact our office.

Long Lake Camp Adventures 83 Long Lake Camp Way Long Lake, NY 12847 518-624-0027 | 518-624-0028 adventures@longlakecamp.com

See you at camp!