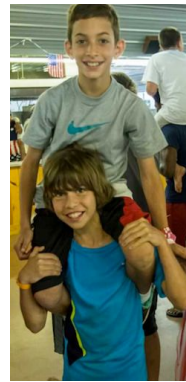
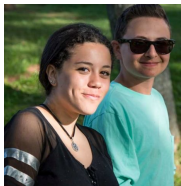




2018

# Camper Handbook



Dear Campers,

Welcome to our Island Lake family! Are you pumped up for summer to arrive? Are you counting down the days until camp begins? Are you ready to ditch the schoolbooks and hop on the camp bus? We cannot wait for summer to arrive and we are delighted that you are joining us. Your Island Lake experience will be filled with fun and excitement, great activities, and wonderful friends. We hope you are as excited as we are!

Fondly,  
The Stoltz Family

## 2018 Session Dates      Mailing Address



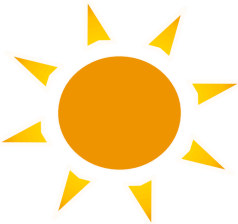
Session 1  
June 23 - July 21

Session 2  
July 21 - Aug 11



Your Name  
Island Lake Camp  
50 Island Lake Road  
Starrucca, PA 18462

## First Day



If you don't know anyone attending Island Lake this summer, don't worry. There are many other campers in the same position as you. From the moment you arrive at your bus stop, you will meet other Island Lakers. Upon arrival at camp, your counselors will greet you at the bus and show you to your bunk. Your luggage, which travels with you, will arrive at your bunk soon after.

Once you've met your counselors and received your luggage, you are free to unpack and settle in. You may then pick the bed and cubbies of your choice. Sorry, but we do not reserve specific beds for campers ahead of time. If your cabin has bunk beds, the top ones are reserved for your counselors unless you would prefer one. By the time you begin your activities the next day, you'll feel like a veteran camper. We've enclosed a map so you can get a general idea of the layout of all the activities and buildings. For all of you first time campers, don't worry, camp is smaller than it may appear on the map and you will know your way around by day one.

When all of the buses have arrived, dinner will be served. After dinner you will have time to finish unpacking, bring money to the office to put into your personal account, and get to know the kids and counselors in your bunk. Your group leaders and counselors will be around to help you and answer any questions you may have.

After dinner, your counselors will bring you to the canteen where you'll create your own ice cream sundae. This is a time for you to get to know your bunkmates better and meet other kids.

Your curfew is based on your age and your counselors will tell you when you have to be back at the bunk. Once you return to your bunk, you have half an hour to get ready for bed. On the first night of camp, your counselors, who are all on duty (O.D.), will hold a bunk meeting to discuss bunk rules, review general camp rules, and play fun "get to know you" games. This is a wonderful time to begin your bunk bonding and develop friendships with your bunkmates. Generally, half an hour after curfew you should be ready for bed and the lights are turned off. At this point you may read or write with a flashlight or simply go to sleep. After the first night of camp, one counselor from your bunk will be on O.D. every night from the time evening activity ends until the following morning.

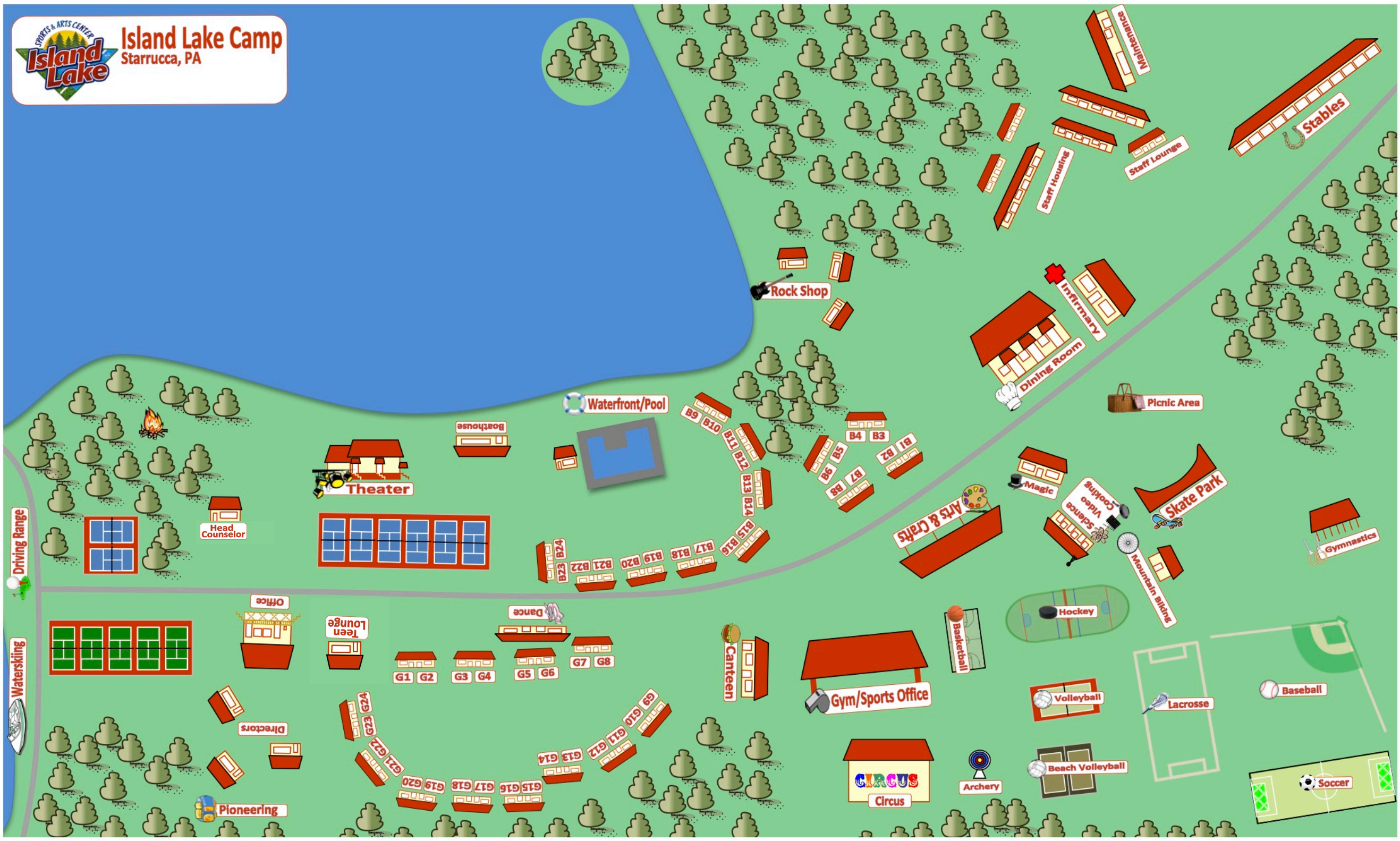
## The Program



Six days a week, you will have the pleasure of waking up to Matt's music at 8 am, otherwise known as wake-up call. Breakfast follows at 8:15 am. You will choose your minors each morning at breakfast. When you arrive at the dining room for breakfast, the minor sheets and Morning News will be on your bunk's table in order to sign up for your minors that day. The first day of each session, however, is a 4-minor day. We do not offer majors, only minors on this day. This way you can try four different activities and decide what you want as your majors. You can audition for classes like theatre, dance, rock shop, horseback riding, circus, and tennis. You will automatically be in the activity you choose. We simply need to determine your skill level or what role you will play. You'll know your level or what part you got by the time you sign up for your majors later in the afternoon on 4-minor day.

The next day you will begin taking your majors. If you find you are not happy with a major you chose, you may come to the office and change it. The majors that you sign up for are instructional, and you will take them for the full session. They are activities you enjoy and you would like to enhance your skills in, whether it is basketball, ropes course, waterskiing, dance, ceramics, or anything else we offer. Your minors are chosen on a daily basis so you can experiment with different activities every day if you wish. These activities are less instructional and more for fun. For example, you may use these minors to hit a tennis ball with a friend, play a game of soccer, go for a casual swim, or work on a project in the arts and crafts building. If you wish, you may also use these minors for additional lessons. Certain activities, whether you take them as a major or a minor, are always instructional such as horseback riding, circus, climbing wall, theatre, magic, and dance. With all of these options at hand, you should be able to experience many new and exciting activities at Island Lake. For more detail regarding all of our activities, please see your activity handbook.





# Meals

Meals are served cafeteria style in our dining room. Breakfast consists of a hot meal (pancakes, bagels, eggs, waffles, etc.) and approximately six different hot and cold cereals. Drink choices include milk, juices, coffee, tea, and hot chocolate. Lunch and dinner consist of two hot entrees (one of which is always suitable for vegetarians), pasta, side dishes, and vegetables. We also have an extensive salad bar with all of the trimmings plus cottage cheese, special salads (egg salad, tuna salad, pasta salads), as well as bread and butter, fresh fruit, and homemade desserts. You can't go hungry at camp because there is too much good food to choose from!!! After each meal



everyone stays in the dining room until our head counselor finishes making the announcements.

# Money

All activities (in and out of camp) are included in your tuition. You will need to bring money to camp if you plan on purchasing additional canteen items or want to buy souvenirs or extra food on out of camp trips (Cooperstown, movies, etc.). You should need no more than \$100 for the first session and \$75 for the second session (\$175 if you are coming for the full summer). Although we recommend that your parents mail us a check for additional spending money ahead of time, if you bring cash or a check with you, please bring your money to the office where we'll put it into your account. You can then withdraw or deposit money whenever needed. We recommend you do not keep money in your bunk. Many times it tends to "disappear" and then you are out of luck.



Passports should not be kept in your bunk. If you are flying home from camp, you must bring your passport (if you are not from the United States) to the office where we will hold it.

# Laundry

Your laundry will be done in camp once a week. Your bunk will separate all of the laundry into white clothing and dark clothing and then put it on your bunk porch. Our laundry staff will pick it up and deliver it to the laundry building where it will be washed, dried, folded, and returned to your bunk later that day. All of your items should have your name stamped or sewn into them to avoid any confusion with other campers' clothing. You can find our 'Suggested Items for Camp' list in the 'Forms & Mailings' section of our website.



An important word of advice: if any of your clothing gets muddy, please rinse it out in the sink immediately. Do not place muddy clothing in the laundry because it can spread onto everyone else's clothes in the wash. Yuck! It's also a good idea to make sure that your pockets are emptied so that no pens or markers end up in the wash.

# Mail

Mail call is during rest hour, after dinner. Your mail, email, and package slips will be delivered to your bunk each day after dinner. If you receive a package slip, you may go to the package window at the side of the office to pick it up. We DO NOT allow food in any packages. We inform your parents of this rule, as well. We will open your packages in front of you and throw out any food we find. We do this for your own protection to keep unwanted visitors (mice, raccoons, etc.) out of your bunk.

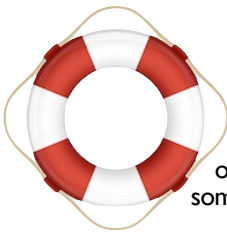


# Canteen

The canteen is open six nights a week after evening activity. Canteen items can be purchased with a plastic token. You already have an account with enough tokens to give you one snack per night. If you wish to use more than one per night, you may do so. Canteen tokens are distributed and sold on the canteen porch. Once you use up your tokens for the session, you may take money out of your bank account and exchange it for more tokens. Each token costs \$1.00. With these tokens you can buy soda, burgers, nachos, hot dogs, chips, candy, popcorn, hot pretzels, or ice cream. Each night the canteen is open you may purchase up to 2 items and a drink.

Canteen is generally held six nights a week. When the canteen is open you can hang out with your friends in a variety of places such as the canteen itself or in the gym where we have basketballs out for recreational play. The skatepark, circus building, and magic building will also be open on some nights. Six of our tennis courts are also lit for nighttime play. If you wish, you may also use this time before your curfew to go back to your bunk and write letters, take a shower, or just spend time with your bunkmates and the counselor on O.D.





## Girls Swimsuits

This year we will continue to enforce our policy of one-piece swimsuits for girls at the waterfront and around camp. Please understand that this policy is in your best interest and will be strictly enforced. You will not be allowed to lay out on girls campus, go down to the waterfront, or go on out of camp trips in two-piece swimsuits. Please do not even pack them for camp. Keep in mind that some one-piece swimsuits may be deemed inappropriate by the directors.

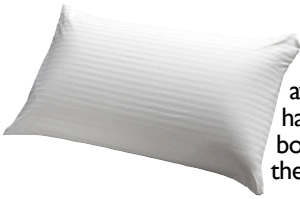
## Phone Calls

We encourage you to use letter writing as your main form of communication with your family. However, we understand that you like to share your camp experiences with your parents by phone and for that reason we allow you to call home. The phones are closed the first week of each session. This allows you the opportunity to adjust to your new camp environment. After the first week, you are allowed one phone call home per session at a prearranged time. If you have a sibling in camp, you may combine your phone calls and call home together. A busy signal, voicemail, or no answer does not count as a call. The phones are open after dinner (during rest hour) as well as after evening activity (during canteen) until your curfew. We allow each camper approximately ten minutes to speak with their family so that everyone has a chance to call home. If you parents are divorced, you may call both your mom and your dad each session.



Please do not bring your cell phone to camp as they are forbidden and will be confiscated and mailed home to your parents. We will not take responsibility for your expensive electronics so leave them at home to avoid them breaking or disappearing.

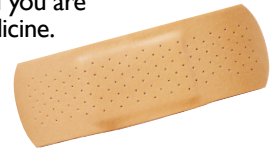
## Lazy Day



Lazy day falls on Thursdays three times during the first session and twice during the second session. On this day we usually sleep late. We offer an optional breakfast for those who are awake from 8:00 - 8:30 am. Brunch is served for everyone at 10:30 am. After brunch we will have a special activity. It may be a trip out of camp to an amusement park, to see a movie, go bowling, or to a trampoline park. This day serves as a break from regular activities so you have the opportunity to sleep in, relax, and go somewhere special.

## Infirmary

We have one doctor and five registered nurses in camp. There is always a nurse on call and a doctor on grounds at all times in case of emergencies. If you take any medications, there is a specific table in the dining room where the nurses will distribute them depending on individual instructions (once, twice, or three times a day). If you are required to take an additional dosage, then you will need to go to the infirmary for your medicine. No medication, not even Tylenol or vitamins, can be kept in the bunk. The infirmary has 'sick call' each day after breakfast and again after dinner. This is the time when you can see the doctor for anything that does not need immediate attention. The doctor is always around during the day in the event of an emergency.



14

Saturday,  
July 14



9:30 AM -  
3:30 PM

## Visiting Day

Visiting day is in our first session on Saturday, July 14th from 9:30 am to 3:30 pm. It's a wonderful day for you to share your new skills with your parents. Visiting day info is posted on our website under 'Island Lake Families' & then 'Forms and Mailings.' There will be performances throughout the day as well as a chance for you and your family to take advantage of many activities together. You may wish to show off your skills on the climbing tower, play baseball or basketball together, play a set of tennis, fly on the trapeze, etc. Your parents can also register you for next summer on Visiting Day. If you enroll, you will receive a special edition ILC t-shirt. It is a great day for all.

# What not to bring to camp

Please, please, please leave all valuables (expensive cameras, jewelry, cell phones, laptop computers, DVD players, video cameras, etc.) or potentially dangerous items (fireworks, lighters, knives, laser pointers, etc.) at home. These things do not belong in camp. No wireless communication devices of any kind are permitted.

**You are NOT allowed to bring your cell phone to camp. They are strictly forbidden. Possession of a cell phone will result in a three-day suspension from camp.**



## Time Schedule

8:00 AM	Camp wake up; non-bunk staff breakfast
8:15	Breakfast for camp
8:45	Return to cabins; clean up bunk and areas
9:30	<b>FIRST MAJOR</b>
10:30	Break; prepare for and travel to next area
10:45	<b>FIRST MINOR</b>
11:45	Break; prepare for lunch; non-bunk staff lunch
12:00 PM	Lunch; Bunks 1-12
12:15	Lunch; Bunks 13-24
1:00	<b>SECOND MAJOR</b>
2:00	Break; prepare for and travel to next area
2:15	<b>SECOND MINOR</b>
3:15	Snack Break
3:45	<b>THIRD MAJOR</b>
4:45	Break; prepare for and travel to next area
5:00	<b>THIRD MINOR</b>
6:00	Prepare for dinner; non-bunk staff dinner
6:15	Dinner; Bunks 1-12
6:30	Dinner; Bunks 13-24
7:00	Rest hour
8:00	Begin travel to evening activity
8:30	Canteen opens; free time; youngest campers served first at canteen; OD's begin
9:30	Camper curfews begin, staggered according to age; lights out 1/2 hour after curfew

**We're looking forward to our best summer yet!!!**

**We hope you are too!!!**