



Forest Lake Camp Family Handbook

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Calendar: August 11th – August 18th

Arrival Time: Please arrive between 3:00 and 5:00 pm on August 11th.

Departure Time: You may depart any time before 11:00 am on August 18th.

Special Circumstances: If you cannot arrive or depart during the designated times, please contact us. We understand varying family circumstances and certainly will try to accommodate a family's differing arrival or departure times.

Location/Directions

Forest Lake Camp is located at the end of Forest Lake Road in Chestertown, New York. We are 5 miles north of the hamlet of Warrensburg, New York, in the southern Adirondacks, just off Route 9. We are about 1 hour north of Albany, 4 hours from Boston, 3 hours from Westchester County, and 3 hours from Manhattan and Northern New Jersey.

From the south:

Take exit 23, Warrensburg, off I-87 and take a left at the end of the off-ramp. At the light take a right onto route 9. You will follow this through the town of Warrensburg and continue north. Outside of the town, you will go straight through a blinking light (intersection Route 28). Forest Lake Road is about 2 miles beyond this point and you will need to take a right onto the road. Forest Lake Camp is located at the end of the road.

From the north:

Take exit 25, Chestertown, off I-87 and take a right at the end of the off-ramp. This will put you on Route 8. Go 1 mile and take a left onto Route 9. You will be on Route 9 for just under 7 miles when you will see the sign for Forest Lake Camp. Take a left onto Forest Lake Road; Forest Lake Camp is located at the end of the road.

Contacting Forest Lake Camp

Forest Lake Camp
261 Forest Lake Road
Chestertown, NY 12817
Telephone – (518) 623-4771
Cell – (207) 751-4092
Fax – (518) 557-8891
Website – www.forestlakecamp.com
E-mail – info@forestlakecamp.com

Parking and Driving

Our Family Camp staff will welcome you and your family at the Welcome Pavilion upon your arrival and check you in for the week. From there, your Family Camp staff will show you to your cabin so you can begin the unloading process. Following the unloading of your car, all cars are required to park in our designated parking lots on camp so we can maintain a safe environment and the beauty of our campus. For any FLFC sponsored activity off camp, transportation will be provided.

Cabins

The cabins are fully enclosed stone and log cabins. Each cabin has its own bathroom with toilets, sinks, and showers. All top bunks have ladders and rails to ensure safe sleeping for children. Each family member also has a large locker and storage drawer where they can store all clothes and personal belongings.

We do not encourage families to have food and beverages in their cabins as we try to deter outside critters from wanting to come in. We ask that all consumables be stored in sealed coolers or containers. Coolers can be used to securely keep food and beverages. Ice is available from the dining hall per request. Our Head Counselor Office also provides storage space in a mini fridge if needed.

FLFC does not provide daily cabin clean-up service. We ask that all families keep a clean cabin and are responsible for cleaning up after themselves around camp. Trash cans are provided in every cabin and recycling bins are available upon request. When full, we ask that they be emptied in the large bins at the main office for proper disposal. Each family is responsible for leaving their cabin area clean at the close of Family Camp.

Privacy & Security

Everyone at FLFC lives in a rustic cabin without locks. We expect that all families will respect each other's privacy and not enter any cabin other than their own unless otherwise given permission. We encourage you not to bring anything of great value to camp. Excess cash or jewelry is not necessary. That said, we do have a safe in the main office and we encourage you to store all valuable personal items with us in the safe. These items might include wallets, jewelry and passports.

Food Service / Mess Hall

At Forest Lake Camp Family Camp, we are committed to providing food that is environmentally sustainable, responsibly raised, healthy, and local when available. We source non-GMO, organic and local produce, offering our families the absolute healthiest options to compliment the overall Family Camp experience.

All of our meals are prepared in house, and our focus is on fresh. In the kitchen, we can prepare food in ways that are nutritionally balanced, beneficial to health and practice, and we can take into account all dietary preferences and restrictions.

Core Menu Commitments

- Prioritizing local, sustainable, organically grown, non-GMO whole foods Being mindful of sugars
- Providing high-quality dairy products
- Sourcing high-quality eggs, fish, meat & poultry. Serving only antibiotic and hormone-free
- Offering vegan/vegetarian options served at each meal.
- Accommodating allergies and intolerances. Cooking in such a way that every person who wants to can participate in the meal plan and enjoy balanced meals.

If a member of your family has special dietary needs, we will accommodate their specific needs. Please contact us in advance so we can make necessary arrangements. Breakfast is served at 8:00 am, lunch is at 12:30 pm, and dinner is between 6:00 and 6:30 pm. Snacks are available every day between meals and are made available in the mess hall and in your camp's head office.

At FLFC, breakfast and lunch are buffet style and dinner is family style. Family style means that families sit as a cabin/family unit and are served their meals at their tables. A member of your family is the waiter for your table and in charge of setting and clearing in addition to bringing the hot food to the table.

Peanut Free Camp

Forest Lake Camp is peanut free. Peanuts, peanut products, and foods prepared with peanut-based oils are neither served nor permitted on the camp.

Birthdays

Do you or a family member have a birthday during Family Camp? If so, Forest Lake has a tradition in celebrating birthdays. The lucky birthday boy/girl will receive a special cake and the entire camp family will sing the Forest Lake version of "Happy Birthday." If

you'd like to make further special arrangements for a birthday, please let us know. We will do what we can to honor requests.

Alcohol, Drugs, and Smoking

Forest Lake Camp is not licensed to serve alcohol. We do allow a modest amount of adult beverages to be brought to camp and consumed in a responsible manner in designated areas. There is strict adherence to the NY State drinking law and you must be 21 years old to consume alcohol. It is the responsibility of any adult with alcoholic beverages that it is stored responsibly and not available to minors at any time. It is also the responsibility of any adult consuming alcoholic beverages to conduct themselves in an appropriate manner at all times. There are several areas of campus that adhere to a strict no alcohol policy (some examples are the waterfront, rifle, and archery).

Use, possession, or distribution of any illegal drugs is strictly prohibited. Those who violate any aspect of our drug and alcohol policy will be held legally responsibly for their actions and will be required to forfeit the balance of their week with no refund.

For the comfort of all our family campers, Forest Lake Family Camp has a no smoking policy on campus.

Health and Medications

All families are expected to arrive in good health. If someone is sick prior to arriving to camp, please consider staying home until the person feels better. In the unfortunate event that you get sick or hurt while at FLFC, we do have access to medical care 24 hours a day. Our infirmary is well equipped to handle all types of issues and in the event that additional care is needed an urgent care center is within a 10-minute drive (Hudson Headwaters of Warrensburg) and a Hospital is within a 25-minute drive (Glens Falls Hospital). All medication (prescription, non-prescription, and vitamins) should be kept in a safe place out of the reach of children. Be advised, again, that our cabins do not have locks, so if you would prefer to keep your medication in our infirmary where it can be locked, then we can accommodate.

Special Instructions

There is a space on the enrollment form, and again on the family forms, where you can let us know important information and any necessary instructions regarding your family. It is helpful to the administration, and our staff to be informed of any health information, educational concerns, or personal history that would enable the camp to best serve the family/individual. This information is kept confidential and given only to the appropriate personnel.

Laundry and Identification

While we encourage you to bring enough clothes to last the week, we of course recognize that there is sometimes an urgent need to do laundry. We do have a laundry facility on campus but discourage its use unless necessary. You can help prevent loss of clothing, towels, athletic & camping equipment, and other personal items by clearly marking each item. Name tags or other such labels are the best identification. FLFC has a lost and found at the main office for any items not identified. All belongings will be returned to Lost and Found and we ask that all families sort through this prior to departure

Schedule/Program

7:00 Early AM Activities	1:30 Rest Hour
7:30 Reveille	2:30 3 rd Period
8:00 Breakfast	3:45 Waterfront
9:30 1 st Period	5:30 Free time
10:45 2 nd Period	6:00 Dinner
12:30 Lunch	7:15 Evening Activity

Each day starts promptly at 7:30 with reveille played to stir you from your nighttime hibernation. For the early risers we have pre-reveille activities like polar bear swims, fishing and yoga classes to start off the day.

The morning is filled with 2 activity periods that lead to lunch served at 12:30. The morning activity periods focus on traditional camp activities, fully staffed by our Family Camp counselors. Activities we consider mainstays to the FLFC experience include archery, arts & crafts, pottery, canoeing, climbing, fencing, science, wood shop, fishing, hiking, horseback riding, rifle, skeet, sailing, soccer, softball, swimming, and tennis.

Following lunch, rest hour gives you the chance to relax as a family before the afternoon activities begin. Afternoon activities often involve the waterfront and also include family sports games, trips out of camp and other organized games for all ages. Some of these special activities require registration prior to arriving at Family Camp.

Dinner is served either in the mess hall or as an outdoor BBQ. Most nights an evening activity is scheduled for the full family. The evening activities are often family favorites and include a “drive-in” movie night, special games and our traditional campfire with family skits and performances.

In addition to enjoying the activity schedule, families are always welcome to spend a more leisurely day exploring the trails on our campus or just relaxing away the hours reading on the front porch of your cabin or down at the waterfront!

Dogs at FLFC

Family Camp is a favorite vacation spot for both families and their pets. We do ask that you speak directly with us if you would like to bring your dog with you to FC. We are a pet friendly campus but we also recognize that our camp families must take priority in our daily care. Dogs must be leashed when appropriate. The expectation is that dogs are not down at the riding stables and caution is taken if down at the waterfront and there are swimmers in the lake. Your pet is your responsibility and must always be within eyes reach when on campus. No dogs may be left unattended.

“Extras”

In addition to the regular activities included as part of the Family Camp schedule, we offer the following special activities for an additional fee.

Horseback Riding- Offered at our stables, riding may be taken by adults and children (with proper supervision for our youngest campers). Riders will be grouped by ability and taught by our expert riding instructors. All the horses have been screened and tested for appropriateness for different levels of riders.

Lessons and trail rides are offered at \$35 per person and generally last about one hour.

Whitewater Rafting- Our whitewater rafting guide will take families on a whitewater rafting trip down the Sacandaga River on one afternoon during the family camp week. Appropriate for all family members who have passed our swim test, this is a great way to see the local area and spend a beautiful afternoon on the river with your family.

Prices are \$40 per person.

Waterskiing, Wake Boarding and Tubing- For the beginner or expert skier, we offer waterskiing and wake boarding during the family camp week for campers and parents. Run by our contracted ski instructors, skiers will spend an afternoon on Lake George including expert instruction or a chance to ski at your own pace.

Waterskiing, Wake Boarding and Tubing is \$100 per person.

Swimming- At FLFC, the waterfront is available for a number of water sports, including swimming. Any children who are planning to participate in an all-kid activity without their parents will be required to pass a swim test or wear a life jacket. We will offer swim lessons upon request for the week of Family Camp.

Special Events

We hold several special events during the week. For each of these it is best for families to become fully involved, which often times means acting a little silly and getting “into it” and “out of yourself.” If you would like, it is always suggested to bring costumes and fun attire and/or supplies for small acts to put on. If you are musically talented, then please don’t forget your instrument for playing at a campfire or talent show.

Special Equipment

If a family has their own sleeping bags (for trips), backpacks, lacrosse sticks, tennis racquets, fishing poles, etc., they are encouraged to bring these items along to camp. If a family does not have these items, it is not necessary to make these purchases. Camp has an inventory of equipment and can outfit a family whenever necessary. No family will be excluded from any activity if he/she does not have needed equipment.

We do suggest all families bring hiking shoes or boots. This footwear should be purchased well in advance of camp so that break-in can be accomplished before the first hike. Families who plan to play sports may also wish to bring appropriate athletic footwear such as high top sneakers or cleats. For families who will be taking horseback riding, it is necessary that they bring heeled shoes or boots. This is an important safety factor and a family member will not be permitted to ride unless he/she has suitable footwear. The camp will furnish each rider with protective headgear for assigned riding periods. If a family member has his/her own from home, he/she may certainly bring it along to camp.

Babysitters

Parents are responsible for their own children while at FLFC unless they are in a designated camp-run kids activity period. While we do not offer babysitting services as part of our camp service some of our staff are available if they are not teaching an activity period for private babysitting. We suggest you make arrangements with them early in the week. Hours and wages should be worked out in advance with your sitter.

Off Camp Trips

There are many types of “off camp trips” at FLFC. For our water sports that take place off camp, you will be supplied with transportation and a boxed lunch. It will be unnecessary for you to bring cash. The same goes for wilderness trips. Any trip you would like to take on your own accord (without Forest Lake Family Camp) is perfectly OK with us. If you will be gone over meal times, give us at least 24-hours notice and we will be able to box a lunch for you. We cannot provide private transportation.

Camp Store

The FLFC store will be open each day after lunch. Beyond FLC clothes and gear we offer a selection of treats and drinks as well as many key sundries like toothpaste, sun block, deodorant and bug spray. We also offer items such as notebooks, flashlights, swimming goggles and batteries.

Cell Phones and Technology

While we see FLFC as an escape from the stresses of technology and we encourage you to leave phones, computers and gaming devices at home or in the car, we do recognize the world we live in. Cell service is sporadic across the property and in cases of urgent need we will provide access for guests to check email and use the internet. We ask that any internet and email usage be kept to 30 minutes per person.

Bedding and Towels

We ask all our FLFC families to bring their own bed linens and towels. If you happen to require extra linens, we can provide you with our summer camp linens and towels. Pillows will be made available in all our cabins.

Packing List

In addition to a normal range of clothing for the week, you will likely want to bring the following items to Family Camp:

- Warm clothes for possible chilly late August nights
- Bathing suits and towels to enjoy the lake
- Personal sports items (if desired) such as baseball gloves, tennis rackets, cleats, shin guards, mouth guards, and fishing poles
(*We have it all but if you have your personal favorite please bring!)
- Hiking shoes/boots for hiking our many local trails
- Rain coat/pants
- Water shoes for canoe or rafting trips
- Twin sheets and blankets or a sleeping bag (we will provide pillows)
- Musical instruments (if you play one) for our Campfire
- Flashlights, water bottles, camera
- Bug spray and sun block
- Cooler

Licensing and Accreditation

Forest Lake is licensed to operate by the NYS Department of Health. The camp is inspected twice annually and the results are on record in the Glens Falls office. Their address is: 77 Mohican Street, Glens Falls, NY 12801. Additionally, the American Camp Association (ACA) accredits Forest Lake Camp. Every three years Forest Lake goes through a rigorous review to make sure we adhere to best practices as identified by the ACA. Every year in between reviews a statement of compliance is submitted ensuring our continued fulfillment of their standards.

Local Accommodations

Families are advised to make reservations in advance for overnight accommodations on days you wish to spend in the area either before or after Family Camp week. The following places are near Forest Lake Camp that we recommend:

The Sagamore | 110 Sagamore Road, Bolton Landing NY | 800-358-3585
Friends Lake Inn | 963 Friends Lake Road, Chestertown, NY | 518-494-4751
Fern Lodge | 46 Fiddlehead Bay Road Chestertown, NY | 518-494-7238
Hampton Inn | 2133 Route 9, Lake George, NY | 518-668-4100
Great Escape Lodge | 89 Six flags Drive, Queensbury, NY | 518-824-6000
The Queensbury Hotel | 88 Ridge Street, Queensbury, NY | 800-554-4526
Saratoga Arms | 497 Broadway, Saratoga Springs, NY | 518-584-1775
Carriage House Inn | 198 Broadway, Saratoga Springs, NY | 518-584-4220
The Inn at Saratoga | 231 Broadway, Saratoga Springs, NY | 518-583-1890
Griffin House B&B | 3 Hudson Street, Warrensburg, NY | 518-623-2449
Super 8 | 3619 State Route 9, Lake George, NY | 518-623-2811
Cronin's Golf Resort | Golf Course Road, Warrensburg, NY | 518-623-4653

Dismissal

Forest Lake reserves the right to dismiss a family for a violation of a camp rule. In such an instance, families must leave the camp property immediately. There will be no refund in the case of dismissal.

Anything else you'd like to know? Anything we forgot? Please contact us with any questions you may have!

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