

est. 1926  
**forest lake camp**  
a brother sister camp in the adirondack mountains of new york

# **Camper & Parent Handbook**

**2026**



# Contacting Forest Lake Camp

## **Address**

Forest Lake Camp  
261 Forest Lake Road  
Chestertown, NY  
12817

## **Phone**

(518) 623-4771

## **Fax**

(518) 557-8891

## **Email**

[info@forestlakecamp.com](mailto:info@forestlakecamp.com)

# Registration Checklist

- Medical Exam (online through CampInTouch)
- Medical Forms (online through CampInTouch)
- Camper Profile on CampMinder
- \$2000 Deposit
- Remaining Balance Paid by May 1, 2026



## Payment Options

For balance payments via credit card, there is a 3% processing fee. Contact Brenda via email to process the credit card charge manually. Other options are check, wire, Venmo, or Zelle. If you'd like to write a check, you can make a check payable to "Forest Lake Camp" and mail to:

Forest Lake Camp  
261 Forest Lake Rd.  
Chestertown, NY 12817

## Refunds

2026 enrollment applications are submitted with a \$2000 deposit and will be considered on a first-come, first-served basis. All payments are fully refundable with cancellation by January 15, 2026; refundable less the \$2000 deposit with cancellation by May 1, 2026; and non-refundable after May 1, 2026. **No refunds will be granted for late arrival or early departure, unless tuition payment protection has been purchased at time of enrollment.**



# Table of Contents

|  |    |
|--|----|
| Registration Checklist.....                  | 1  |
| Table of Contents.....                       | 2  |
| 2026 Calendar.....                           | 3  |
| Where is FLC?.....                           | 4  |
| Summer 2025 in Review.....                   | 5  |
| 2026 Staff.....                              | 6  |
| Forest Lake Camp Programming.....            | 7  |
| Additional Activity and Program Options..... | 8  |
| Additional Camp Options.....                 | 9  |
| Arrival/Departure.....                       | 10 |
| Transportation.....                          | 11 |
| Packing List.....                            | 12 |
| Camper Life.....                             | 13 |
| Cabin Assignments.....                       | 13 |
| Settling Into the Cabin.....                 | 13 |
| Notes from the Nurse.....                    | 13 |
| Special Instructions.....                    | 14 |
| Medications.....                             | 14 |
| Dietary Restrictions and The Kitchen.....    | 14 |
| Bed Wetting.....                             | 14 |
| Immunizations.....                           | 15 |
| Communication from the Nurse.....            | 15 |
| Special Needs and Other Circumstances.....   | 15 |
| Behavioral Policy.....                       | 15 |
| Contact with Campers.....                    | 16 |
| Phone Calls.....                             | 16 |
| Mail, Emails, Packages.....                  | 16 |
| Birthdays.....                               | 16 |
| Brother/Sister Time.....                     | 16 |
| Communications from FLC.....                 | 16 |
| Inter-Session Trip.....                      | 17 |
| Visit Your Camper.....                       | 17 |
| Local Accommodations.....                    | 18 |
| Cell Phones/ Electronic Devices.....         | 19 |
| Waterfront and Swimming Tests.....           | 19 |
| Off Camp Trips.....                          | 19 |
| Extending Sessions.....                      | 19 |
| Tipping Counselors.....                      | 20 |
| Camp Store and Camper Accounts.....          | 20 |
| Camper Code of Conduct.....                  | 21 |

# 2026 Calendar



## Summer Calendar

Forest Lake Camp offers 2, 3, 4, 5 and 7 week sessions for boys and girls ages 8-16. The 2-week option is available as a 'trial' session for new and younger campers with the option to extend as space permits. The difference in tuition will be charged when the request to extend is approved.

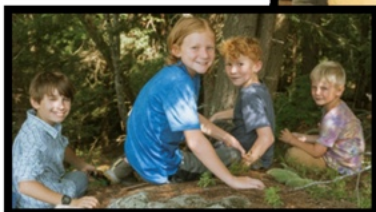
## Session Dates and Rates

| Session                    | # of Weeks | Start Date | End Date    | Tuition  |
|----------------------------|------------|------------|-------------|----------|
| Full Session               | 7          | June 28th  | August 14th | \$11,995 |
| 1st Session                | 4          | June 28th  | July 24th   | \$8,995  |
| Mid-Session                | 5          | July 11th  | August 14th | \$9,995  |
| 2nd Session                | 3          | July 25th  | August 14th | \$7,495  |
| June 2 Week Session        | 2          | June 28th  | July 11th   | \$5,995  |
| July 2 Week Session        | 2          | July 11th  | July 24th   | \$5,995  |
| Leader in Training Program | 7          | June 27th  | August 14th | \$9,596  |



# Summer 2025 In Review!

Summer 2025 was full of activities, evening programs, special events, and OUR FIRST EVER INTER SESSION TRIP! We had staff from all over the world and enjoyed some delicious meals prepared by the FLC kitchen. We can't WAIT for Summer 2026/our 100<sup>th</sup> YEAR and are most excited to see some familiar faces come back!



# 2026 Staff

Our staff is the best of the best! We're proud to have a cohort of returning FLC counselors, many of whom were campers for years, went through our LIT program, and are now staff members. We also work with international camp agencies like Camp Leaders to bring in counselors from all over the world, including New Zealand, Mexico, Colombia, Argentina, Venezuela, Australia, the UK, and many other countries. Our staff are experienced in working with children, leading activity areas, and creating a fun and safe environment for all of our campers!



# Forest Lake Camp Programming

In the mornings, afternoons, and evenings, we have a wide range of activities and program areas for campers to explore! Some days might include an all-camp activity like Capture the Flag or evening Talent Shows on Boys and Girls Camps. Most morning and afternoon activity periods allow campers to sign up for the activity area of their choosing, led by a counselor. Camp activities might include archery, basketball, tennis, arts and crafts, science experiments, or boating on the lake, just to name a few!

## Daily Schedule

7:30 - Reveille  
7:50 - Assembly/Waiters-Hoppers Call  
8:00 - Breakfast  
8:45 - Cabin Cleanup and Camp Chores  
9:15 - Morning Activity Sign-Ups  
9:30 - 1st Period Activities  
10:35 - Snack Time  
10:45 - 2nd Period Activities  
12:00 - Free Time  
12:20 - Assembly/Waiters-Hoppers Call  
12:30 - Lunch  
1:15 - Rest Hour  
2:20 - Afternoon Activity Sign-Ups  
2:30 - 3rd Period Activities  
3:45 - 4th Period Activities  
5:00 - Free Time  
5:50 - Assembly/Hoppers Call  
6:00 - Dinner  
7:30 - Evening Activities  
8:45 - Call to Quarters  
9:00 - Taps  
9:15 - Junior Camp lights out  
9:45 - Senior Camp lights out  
10:00 - LIT lights out

## What's a Brother-Sister Camp?

Forest Lake Camp is a “Brother-Sister camp” with separate camps for Boys and Girls which gives our campers the chance to thrive in our unique setting. On certain occasions, Girls Camp and Boys Camp will come together, such as at our weekly Campfires and for special events like July 4th.



## Additional Activity and Program Options

| Activity                               | Details  | Cost                             |
|--|--|----------------------------------|
| Horseback Riding                       | Lessons and trail rides available. Most campers choose to ride an average of 2 to 4 times per week while they are at camp.                                     | \$100 per lesson/activity period |
| Lake George Power Boat Adventure Tours | We offer half-day boating adventures where campers will tour Lake George, go tubing, snorkeling and rock jumping with our business partners Bolton Boat Tours. | \$140 per trip                   |
| White Water Rafting                    | We offer a full-day rafting trip down the Hudson River with local expert guides. We recommend 1-2 rafting trips for each camper.                               | \$155 per rafting trip           |

Before arrival to camp, parents can sign their child up for Horseback Riding Lessons, Power Boat Adventure Tours, and White Water Rafting for an additional fee on the CampMinder portal. If your camper would like to sign up for additional activities while they're at camp, we will contact you!



## Additional Options

| Option                    | Details  | Cost  |
|---------------------------|--|---|
| English Immersion Program | We are very proud of the diversity at FLC with campers and staff members attending from around the world. Our English Immersion program is available for those campers whose primary language is not English and would like to develop a better conversational use of the language. Sign up is on a first come first serve basis.  | \$75 per lesson                                       |
| One on One Tutoring       | Tutoring on a variety of subjects.   | Please contact us about rates and available subjects. |
| Camp Linens               | This service is convenient for our international campers and those coming by flight. Linens will be laundered once per week at camp. Your linen packet will be waiting for you at camp when you arrive. Extra blankets are always available for cold nights! Single Bed Sets include 1 Top sheet, 1 Fitted sheet, 2 Towels, 1 Blanket, and 1 Pillow and Pillow case. You can sign up for this service on your CampInTouch account. | \$20 per week   |
| Camp Photos               | You will receive a cabin picture (5x7), an individual photo of your camper (4x6) and a camp photo of the girls or boys camp (8x10).  | \$45 per package                                      |

|                    |  |                                      |
|--------------------|--|--------------------------------------|
| Health Insurance   | It is required that all campers are properly insured in the US and proof of insurance will be required. We do offer health insurance on a weekly basis for each camper and require all foreign based campers to purchase unless proof of insurance in the US is shown. | \$50 per week per camper             |
| Payment Protection | With the Payment Protection plan, you are covered until the day before your camper is set to arrive at FLC.  | 6% of gross tuition before discounts |

## Camp Procedures

### Arrival Time

- June 27<sup>th</sup> (LIT arrivals only) : between 2pm and 5pm\*
- June 28<sup>th</sup> : between 9am and 12pm\*
- July 11<sup>th</sup> : between 2pm and 5pm\*
- July 25<sup>th</sup> : between 2pm and 5pm\*

### Departure Time

- July 11<sup>th</sup> : between 9am and 12pm\*
- July 24<sup>th</sup> : between 9am and 12pm\*
- August 14<sup>th</sup> : between 9am and 12pm\*

*\*If you think you will be considerably later or earlier than any of the windows listed above, or arriving/departing on a day not listed above, please contact our main office with your specific information.*



## Transportation

For an additional cost, Forest Lake Camp can provide transportation to or from nearby train stations, Albany airport, or JFK airport for campers. **Space is limited for transport to/from each location and it is offered on a first come, first served basis by filling out the Transportation Form in your CampInTouch portal.** Forest Lake Camp picks campers up in one of our camp vehicles. FLC staff always accompany campers.

We ask that you try to schedule your arrival and departure times within the time frames we offer below. There will be an additional charge when campers arrive outside of the “standard” time, because we may have to hire an additional staff and vehicle to arrange for that special pickup, feed the campers we have to make wait, etc.

An email will be sent prior to departure with all details regarding your transportation. After our staff loads the vans, the staff will then go over all safety rules with the campers and make sure all of them have their seatbelts fastened. If there are any changes regarding the trip to camp or home, the camp director will communicate the changes to the parents with email and phone. If a change is made day of transport or an emergency arises, the Director will contact all families immediately by email and phone.

### Non-Airport Pickup Options

Fee: \$150 one way, \$300 round trip

*Estimated Pick up time: 11:15am*

*Estimated Drop off time: 11:15am*

#### Paramus Park Mall\*

100 Paramus Park Mall  
Paramus, NJ 07652

#### Croton-Harmon Train Station\*

1 Croton Point Avenue  
Croton-on-Hudson, NY 10520

OR

*\*We meet outside of Macy's at light pole #10*

*\*We meet in the parking lot*

### Airport Pickups

Standard Arrival = Flight time between 10am and 2pm

Standard Departure = Flight time between 1pm and 5pm

Special = Flight time outside these windows

| Pickup Location                    | Fee                   |
|------------------------------------|-----------------------|
| Standard JFK Pickup                | \$200 one-way         |
| Standard Albany Airport Pickup     | \$125 one-way         |
| Special JFK Airport Pickup         | \$250 - \$400 one-way |
| Special Albany Park Airport Pickup | \$175 - \$250 one-way |

# Packing List

## Dress Code/Clothing

Campers should bring clothing that makes them feel comfortable at camp.

This includes clothing for outdoor activities (sometimes in rainy weather), sports, and off camp trips. Please label

**ALL ITEMS AND ARTICLES OF CLOTHING** your child brings to camp.

Unlabeled items will likely be lost and unable to be returned.

## Laundry

As of 2024, we have a brand new laundry facility on camp! We have a rotating laundry schedule which allows for each group of campers to get their laundry washed once a week. To ensure campers do not lose articles of clothing, **please clearly label everything!**

## Clothing

- FLC shirt (you can pick yours up on Arrivals day at Camp Store!)\*
- 7-10 t-shirts/tank tops
- 4-5 shorts
- 3-4 pants or jeans
- 10 underwear/bras
- 10-12 pairs of socks
- 2 sweatshirts \*
- 1 jacket or fleece
- 2 sets of pajamas
- 1 rain jacket
- 2 swimsuits (appropriate bathing suits only)
- 2 pair of sneakers
- 1 pair of sandals (closed-toe)
- 1 pair of Riding Boots (if taking Riding)

## Wilderness Trips (optional)

- Sleeping bag\*
- Headlamp or flashlight \*
- Extra water bottle\*
- Hiking boots/shoes
- Hiking socks
- Bug repellent \*
- Backpacking pack\*

## Toiletries \*

- Brush/Comb & hairbands
- Shampoo/Conditioner
- Soap
- Toothbrush & paste
- Deodorant
- Feminine Products
- Sunblock
- Bugspray
- Shaving supplies
- Lip Balm

## Optional

- Nice outfit (for occasional formal events)
- Personal sports equipment, like tennis racquet, or baseball glove
- Costumes, silly accessories, and goofy clothes for dressing up!
- CampSnap Camera ([use the link https://www.campsnap.com/FLC100](https://www.campsnap.com/FLC100))

## Camp Life:

- Two bath towels
- One beach towel
- Flashlight & batteries \*
- Writing paper, self addressed envelopes, stamps \*
- Water bottle \*
- Camera
- Mouth guard
- Sunglasses
- Baseball Cap \*
- Books/Magazines
- Bedding (or sign up for linen package when enrolling)

## Lost & Found

Following the last session of summer camp, FLC will hold on to items for 1 week for parents to contact camp and request items to be mailed. Any remaining items after 1 week (roughly August 21<sup>st</sup>) will be donated to a local charity.

## Do NOT Bring (they will be confiscated)

- Cell phones
- Smart Watches
- Laptops
- Gaming systems
- Knives
- Expensive Jewelry
- Lighters, matches
- Cash
- Food items

## Camper Life

### Cabin Assignments

Campers are placed in cabins based on grade level. Campers live in a cabin with other campers of near the same grade level along with 2-4 counselors. New campers and veterans are grouped together. We cannot guarantee cabin placement requests and do our best to give campers the opportunity to form special bonds and friendships with campers from around their grade.



### Settling into the Cabin

Arrivals Day is an opportunity for campers to meet and bond with their bunk-mates and their counselors! To ensure the smoothest transition into camp life for campers, we ask that parents drop off their campers with their things, meet their counselors, and do not spend too long in the cabin before heading out. The quicker your camper can start playing games and getting to know other campers, the better!

It is normal for campers to get homesick. To keep this to a minimum, we suggest not lingering on Arrivals Day and letting your camper dive into camp. Letters are a helpful way to keep in touch with your camper - we reserve Sunday afternoons specifically for writing letters home!

### Notes From the Camp Nurse

Every camper meets with the Camp Nurse on Arrivals day to review health procedures and to be checked in with a general health screening and lice check.\* Please do not bring your child to camp if they are not feeling well. Instead, please keep them at home until they are feeling better and contact us to talk through your camper's later entry to camp. Campers will be health screened once a week during their stay at camp. Additionally, the counselors check with each camper every morning to see how they are feeling and report directly to the Camp Nurse should one of our campers be feeling unwell.

*\*Additionally, we ask all parents to conduct a routine lice check 2 weeks before arriving at camp. If signs of lice are found, the camper will have ample time to treat their hair and arrive to camp healthy and lice free.*

## Notes/Special Instructions

There is a space on the “Camper Profile” form in which parents can convey important information and instructions to the camp administration. It is helpful for the staff and to the camper for FLC to be informed of any health information, educational concerns, or personal history that will enable the camp to best support your camper. This information is kept confidential and given only to the appropriate personnel.

## Medications

Please list ALL medications (over-the-counter and prescription) that the camper will be bringing to camp (including vitamins) on the health forms signed by your camper's physician. Per NY Department of Health regulations, ALL medications MUST be stored in the infirmary in their original containers with instructions. Our nurses have standing orders to administer certain medications. It is NOT permitted to send any medication to camp to leave in the cabins (including acetaminophen, ibuprofen, Benadryl, cold medications, etc.). If you are sending medications to camp to leave with the nurses, please note the following:

- **ALL medications must be in the ORIGINAL container. Do not send them in pill dispensers or plastic bags.**
- Label all medications including nasal sprays and inhalers (not just the boxes) with the camper's name.
- Send enough medication for the entire camp stay. Arrange to send refills, if necessary, in advance of running out of medication.
- Check expiration dates on medications, especially inhalers.

## Dietary Restrictions and The Kitchen

We have a fantastic kitchen team and in-house food service! Our Chef and Kitchen Crew are focused on serving filling, healthy, and delicious food for campers and staff to enjoy. Vegetarian meals are available to campers who register as Vegetarian ahead of time. A camper must opt for either Regular meal or Vegetarian for their entire stay. If your camper has a dietary restriction or allergy (related to diet or not), please report that on the “Health History” form and our kitchen staff will accommodate. We take allergies very seriously, and are a NUT SENSITIVE ENVIRONMENT, meaning no peanuts, tree-nuts, peanut products, and foods prepared with peanut-based oils are either served or permitted in our dining facilities at camp.



## Bed Wetting

If your camper wets the bed, please make a note of it on the “Camper Profile” form so we can handle any accidents discreetly.

## Immunizations

Please ensure that your camper has had a tetanus booster shot within the past ten years.

## Communications From the Nurse

If a camper needs the attention of a physician or is kept in the infirmary overnight, the Camp Nurse will inform the parents by phone. In the event of an emergency, the Camp Nurse will call the parents immediately. Parents will not be notified for minor instances.

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).

## Special Needs and Other Circumstances

Forest Lake Camp and its staff are neither trained, certified, nor equipped to handle children with extensive physical, emotional, or educational needs. In order to provide the best possible experience for your child and for all the other members at FLC, we require that all special considerations be reported in the “Camper Profile” form and brought to the attention of the Summer Camp Director before a child is enrolled.

## Behavioral Policy

Forest Lake Camp is a safe and welcoming environment to all campers and staff. All families must read through and sign our Code of Contact on CampMinder. We do not tolerate harassment, discrimination, bullying, or violence. If a camper or staff member exhibits inappropriate behavior, the Camp Directors will address accordingly. If necessary, the Camp Directors will contact the camper’s parents.





## Contact With Campers

### Phone Calls

Besides birthdays and emergencies, **we do not allow phone calls for 2-, 3- or 4-week campers during their time at camp.** Campers who are at camp for 5+ weeks are allowed one phone call after they have been at camp for at least 1 week. We have time for 15-minute phone calls between 5pm to 6pm Monday - Friday. To schedule a phone call, email [info@forestlakecamp.com](mailto:info@forestlakecamp.com) at least 24 hours in advance with your desired date and time-block and we will email back with a confirmation, or an alternate date/time for you if your camper is eligible.

### Mail, Email, Packages

We encourage family and friends to send letters to their campers - nothing beats receiving a letter at camp! We suggest campers arrive at camp with self-addressed, stamped envelopes and writing paper. We carry envelopes and stamps in our camp store if needed.

Outgoing mail is given to the office each morning at breakfast. Incoming mail is delivered to the cabins in the afternoons. Campers also love care packages - please honor our care package policy and do not send **ANY** food items for a child or any items on our restricted list.

Parents may email their campers. You can email your camper by going to the parent section of the website and using our "Email Your Camper" system. Only international campers will be able to scan a letter back, while domestic campers will place their letters in the mail.

### Birthdays

We love celebrating birthdays at FLC! When a camper's birthday occurs during camp, they receive a special cake and the entire camp sings the Forest Lake Camp version of "Happy Birthday". If you would like to send a package or bring extra decorations for the counselors to arrange on the morning of your camper's birthday, just let us know!

#### Sibling Time

Every Sunday we have a specific time set aside for family members of each camp to get together. This time is often precious to siblings because they can check in with each other and share their experiences so far at camp.

#### New Camper Update

The Summer Camp Director will call the parents and families of all new campers within the first week of their session to give an update as to how they are doing.

#### Communication and Photos from FLC

We send out email updates to parents and families at least once every two weeks during the summer to give updates on Girls Camp and Boys Camp. We also post photos to Waldo (you will receive the photo link around the time of your camper's Arrival) as much as we can!

Mail and packages sent to campers should be addressed to:

Forest Lake Camp  
Camper's Name  
261 Forest Lake Rd.  
Chestertown, NY 12817



## INTER-SESSION TRIP

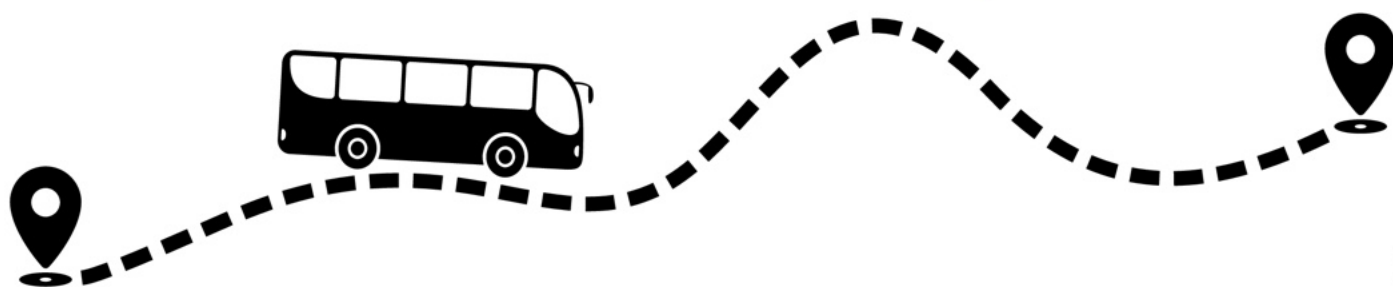
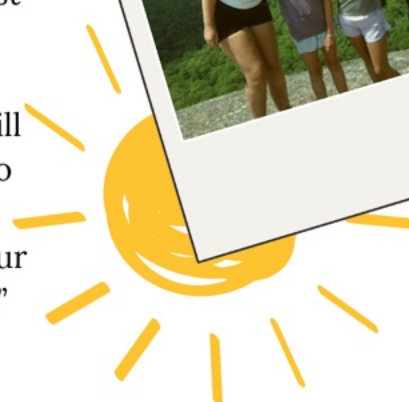
We are thrilled to announce the return of the **Inter-Session Camp Trip**! Last summer, campers who stayed with us during the transition between Sessions 1 and 2 enjoyed an unforgettable **overnight adventure to Lake Placid**. The campers had such a fantastic time that they requested we make it a tradition. This year, we're heading back to Lake Placid, and we have a **HUGE NEW surprise planned (which we can't reveal just yet)**!

Our current plan is to **depart camp by 8:00 AM**.

Once in Lake Placid, we'll kick off the trip by adventuring into the **Olympic Village**, followed by a hike & round of ultimate frisbee at the beautiful **Whiteface Mountain** area, and an evening walking through Lake Placid. That night, we'll settle into our campsites, where the LITs will host their very first campfire—just like the ones we have every Sunday night at camp.

The following morning, we'll pack up, make breakfast at a local spot, and begin our journey back to Forest Lake Camp. Our goal is to return by **noon at the latest**, just in time to welcome our new 2nd Session campers!

\*Please note that all campers who attend this trip will have \$10 deducted from their camp store account so they can have some spending money for the walk around Lake Placid. You will see this deduction in your child's store account history as "Misc. Charge - \$10."



## LOCAL ACCOMMODATIONS

Families are advised to make reservations in advance for overnight accommodations on weekends (for arrivals, departures or Intersession Visit)

Here is a list of places near Forest Lake Camp that we recommend:

| NAME                       | ADDRESS  | PHONE        |
|----------------------------|--|--------------|
| Bear Pine Cottage (Airbnb) | 760 Route 28<br>Warrensburg, NY 12885          | 518-623-3404 |
| The Sagamore               | 110 Sagamore Rd,<br>Bolton Landing, NY 12814   | 518-644-9400 |
| Friends Lake Inn           | 963 Friends Lake Rd,<br>Chestertown, NY 12817  | 518-494-4751 |
| Fern Lodge                 | 46 Fiddlehead Bay Rd,<br>Chestertown, NY 12817 | 518-494-7238 |
| Hampton Inn                | 2133 US-9,<br>Lake George, NY 12845            | 518-668-4100 |
| Great Escape Lodge         | 89 Six Flags Drive,<br>Queensbury, NY 12804    | 518-824-6000 |
| The Queensbury Hotel       | 88 Ridge St,<br>Glens Falls, NY 12801          | 518-792-1121 |
| Saratoga Arms              | 497 Broadway,<br>Saratoga Springs, NY 12866    | 518-584-1775 |
| Carriage House Inn         | 198 Broadway,<br>Saratoga Springs, NY 12866    | 518-584-4220 |
| The Inn at Saratoga        | 231 Broadway,<br>Saratoga Springs, NY 12866    | 518-583-1890 |
| The Bond 1786              | 3 Hudson St,<br>Warrensburg, NY 12885          | 518-855-1786 |
| Super 8                    | 3619 US-9,<br>Lake George, NY 12845            | 518-504-0831 |
| Cronin's Golf Resort       | Golf Course Road,<br>Warrensburg, NY 12885     | 518-623-9336 |

## Cell Phones/Electronic Devices

Campers are not permitted to have cell phones & smart watches. FLC is a technology-free environment to allow for the best camper and staff experience. Please help us by not sending your camper to camp with an electronic device. Any device brought to camp will be confiscated and held in the camp office until the end of the camper's stay.

If your child is traveling alone and you would like them to have a phone for this purpose, please let us know, so we can be sure that the phone is turned in upon their arrival. Upon their departure, the phone will be returned to them. Campers are permitted to listen to music during Rest Hour. An mp3 player or a reading device is permissible so long as they do not have internet access and all apps are removed.

## Waterfront and Swimming Tests

All campers at Forest Lake Camp are required to take a swim test which includes swimming a length in the shallow end and treading water in the deep end. This is necessary to determine a camper's ability and safety in the water. If a camper passes the swim test, they are able to swim in the outer swim areas, attend all off camp trips, and are able to participate in all boating periods. If a camper does not pass the swim test, they can take swimming lessons, practice with their cabin mates or a counselor, and retake the swim test at a later time.



## Off Camp Trips

Campers can sign up for off camp trips to go hiking, do local activities, and even go on an overnight backpacking trip. Being in the Adirondacks, there are lots of amazing places to explore beyond the FLC campus! If your camper is participating in an off camp trip, you can expect your camper's emergency medical card is with them, a minimum of two counselors are with the campers at all times, and that the driver has been properly tested and is insured as a Driver through Camp's insurance policy.

## Extending Sessions

If your camper would like to extend his or her stay beyond the originally scheduled date, all you need to do is ask! Conditional on space availability, your camper may extend his/her stay and all you will need to do is pay the difference. Many 2 week campers will choose to extend!

### Tipping Counselors

We frequently get asked about the policy for tipping counselors. *Tipping counselors is appreciated, but not expected.* If you feel like your camper's counselor did a great job and you'd like to give them a tip, we suggest putting it in an envelope and giving it to them directly on pick-up day, or giving the envelope to Brenda when checking out and she will pass to them afterwards. Tipping is completely optional and counselors will be appreciative!

### Camp Store and Camper Accounts

Camp Store is a well-loved part of camp by both campers and staff! Each camper has their own set balance in their Camp Store account which parents can deposit money into on CampMinder in advance, on Arrivals day, or during the session. Campers will have the opportunity to visit Camp Store once per week where they can buy things such as FLC t-shirts, hats, basic toiletries like shampoo, a toothbrush, candy, and drinks. Campers are limited to one candy and one drink per Store visit. Parents must create a Store credit for each camper, which will be used throughout their stay. The recommended amount is \$30-\$35 per week. At the end of the summer, any leftover money can be returned, rolled over to the next year, or can be donated to the FLC Campership Fund.



### Camp Store Inventory\*

*\*Orders can be made in advance and purchased items can be ready for pickup upon arrival.*

- T shirts
- Long sleeve shirts
- Crew neck sweatshirts
- Hoodies
- Baseball caps
- Flannel PJ pants
- Jogger sweatpants
- Beanie hats
- Travel mugs
- Cinch backpacks
- Sunscreen
- Sports Shorts
- Candy!
- Crop top shirts
- Bucket hats
- FLC water bottle
- And MORE!



Dear FLC families,

Forest Lake Camp is a very special place where our goal is to provide an atmosphere that encourages you to gain confidence, try new things, become more independent, make new friends, strengthen the body, and leave with a sense of accomplishment. In order for us to sustain an environment where every member of the FLC community can feel welcome, respected, and safe, we ask that you agree to adhere to the following. Please read over and discuss the below with your camper.

**AS A CAMPER I WILL:**

- Show respect to other campers, and treat them as well as I would like to be treated.
- Show respect to camp staff, and cooperate fully with their instructions
- Communicate in an appropriate manner without the use of foul language or gestures, harsh words or tone of voice.
- Conduct myself in a safe and responsible manner.
- Refrain from causing harm to other campers, staff, or myself.
- I understand that verbal or physical bullying is not acceptable and will not be tolerated.
- Adhere to all established boundaries (including when certain areas are open, what paths are permissible for use, and timetables for being in my cabin.)
- Respect the property of others, which includes no stealing, property damage, graffiti, or vandalism.
- Use program equipment, supplies, and facilities properly.
- 
- Be fully responsible for my actions.
- Know and follow the rules of FLC. In addition to the rules, I also know that smoking, alcohol, vapes, edibles or any other type of drug is prohibited at Forest Lake Camp.
- Participate in all activities to the best of my ability.
- Have lots of FUN and a GREAT time!

**\* If there are any questions regarding the Camper Code of Conduct, please do not hesitate to ask a staff member.**

**Any behavior deemed by the Summer Camp Director to be inappropriate and/or unmanageable may result in any or all of the following:**

- A Meeting directly with your Counselor, Head Counselor, or Directors.
- A call with a parent/guardian to discuss behavior and consequences.
- Dismissal from the camp program.



# ROOKIE DAY

July 18<sup>th</sup> & August 1<sup>th</sup>

Have a friend curious about experiencing camp? Tell them about our exciting new Rookie Day Program! This special event is designed for prospective campers to explore all that Forest Lake Camp has to offer in just one day. Parents will drop off their camper in the morning, return for an afternoon tour, and enjoy dinner with our Camp Director to address any questions they might have!

8-8:30 am

Drop off

3:00 pm

Parent Tours

5:00 pm

Dinner with the Director

6:00 pm

Departure



**FREE**

RSVP



Call Now

(518) 623-4771



Email

[Michael@forestlakecamp.com](mailto:Michael@forestlakecamp.com)

Spots are limited!