

Camp UNC Frequently Asked Questions

We encourage parents to read this with their camper. If you have questions, we encourage you to ask before camp so we can provide thorough answers, as move-in is a very busy time for our team!

Daily Life at Camp

What does a typical day at camp look like?

Campers wake up at 7:45 and start their day with breakfast, followed by cabin clean-up. The morning is filled with scheduled activities like crafts, ropes courses, and organized games. Lunch is at 1:00 PM, followed by *choice activity*—a camper-selected activity that changes each day. At 3:00, free time begins, when campers can swim, visit the canteen, or spend unstructured time with friends. There is a 30-minute siesta before a 5:30 dinner. After dinner, everyone participates in two activities such as campfire, skit night, dance party, and more. Lights go out around 10:00 each night.

Will campers have the opportunity to swim every day?

Weather-permitting, yes! Campers have the opportunity to swim during free time each day, either in the pool or the lake. All campers must complete and pass the swim test on Sunday in order to participate. Lifejackets are provided and mandatory while in the lake.

Cabin Assignments

Can my daughter switch cabins before or during camp?

No. Cabin assignments are carefully planned before camp. During registration, each camper was allowed one mutual cabin request, and all non-mutual requests were not considered. This policy was outlined during registration.

What if my daughter gets her cabin assignment at check-in and isn't with her friend?

Cabin assignments will not be changed upon arrival. Campers spend most of their day with the entire camp and other cabins, not just their own. Camp is a great opportunity to make new friends.

Visitors & Communication

Can I visit my camper during the week?

For the safety and security of all campers, visitors are not permitted during the camp week.

Can my daughter bring her phone?

We strongly encourage campers to leave their cell phones at home. While phones are permitted at your own risk, campers are not allowed to carry them during activities, as they can be distracting and take away from the camp experience. Phone use is kept to a minimum throughout the week.

Each night, phones will be collected and kept with the counselor until the next morning. Our goal is to help campers stay present, build connections, and get the rest they need after long days of activities. If a camper needs support or has an issue after lights out, they should speak with a staff member so we can help.

What if I want my daughter to have her phone after lights out so she can text me or listen to music?

Campers are not permitted to have their phones after lights out. This policy helps ensure the safety of all campers and allows everyone to get the rest they need after full, active days at camp.

Counselors are available to campers 24 hours a day and sleep within the cabin. If your camper is experiencing a problem or needs support after lights out, they are encouraged to speak with their counselor. Together, they can determine the best course of action.

My daughter texted me saying she's homesick and wants to come home. What should I do?

Homesickness is normal, especially in the first few days. Our staff is trained to help campers work through those feelings. We encourage parents to reassure their camper and encourage them to talk to staff. If your camper continues reaching out about homesickness, please call the camp office so we can work together on a plan.

Can I send my daughter mail while she's at camp?

Absolutely! We highly encourage letters and care packages. Since phone use is limited, receiving mail can be a great way for campers to feel connected to home. We recommend sending mail before camp starts to ensure it arrives on time.

To send mail or packages:

Camper's Name c/o Camp UNC
349 St. Andrew Lane
Tunkhannock PA 18657

Food & Canteen

My daughter is a picky eater. Will there be options for her?

Yes. In addition to the main meal, there are backup choices available, including cereal at breakfast, PB&J at lunch, and salad at dinner. Any dietary restrictions listed during registration will be accommodated by our kitchen staff.

How much money should I send for the canteen?

We recommend anywhere between \$20–\$40. Campers can buy snacks and drinks during free time. The canteen also sells camp merchandise like shirts and hoodies. We recommend purchasing apparel at drop-off on Sunday, as sizes can sell out quickly. Any unused money can be picked up on Friday during pick-up.

Can my daughter bring energy drinks (Alani, Celsius, etc.)?

Energy drinks are not allowed at camp. If brought, they will be collected and returned at pickup on Friday. Campers may purchase soda at the canteen.

Health & Safety

Can my daughter keep medications in her cabin?

All medications—including over-the-counter items like Advil, allergy medicine, and bug bite cream—must be checked into the infirmary at drop-off. This is for the safety of all campers. If your camper needs medication during the week, the nurse will administer it.

What happens if my daughter gets sick or injured?

Our camp nurse is available at all times to care for campers. If there is an illness, injury, or medical concern that requires parent communication, you will be contacted immediately.

What if my daughter has allergies?

Please make sure all allergies (food, medication, environmental, etc.) are listed during registration so our staff and kitchen can properly prepare and accommodate.

Packing & General Questions

Can my daughter bring snacks?

Yes, but we ask that snacks are nut-free and stored properly in cabins.

What if my daughter forgets something?

Don't worry—chances are another camper or staff member will have something she can borrow for the week. Campers are great at helping each other out! If it is something essential or important, camp leadership will contact you to work out a plan.

What time is drop-off and pick-up?

Camp drop-off is from 1-3pm. Campers are not permitted to move in or bring their luggage beyond the parking lot before 1:00. Pick-up is Friday from 9-11am. Your camper should be packed up before your arrival.

What if my daughter has never been away from home before?

That's okay! Many campers are first-timers. Our staff works hard to make everyone feel welcome, included, and comfortable from day one.

If you need to call Camp, you can reach us at **570-836-0102** (during camp season) and **272-228-1352** (year-round). We will have someone answering phones between 9 AM and 2 PM. After 2 PM, please leave a message, and we'll get back to you as soon as possible.