

QUESTIONS? Please call the camp office at 304-927-5865 or email us at info@springheights.org



DaySpring camp checklist!

We recommend a backpack or some type of bag with your name on it. In that bag you we recommend packing the following items:

- Extra change of clothes (T-shirt, shorts/pants, underwear, and socks)
- Raincoat/poncho
- Sunscreen
- Water Bottle
- Bug Spray
- Bible
- Prescription Medication in Original Packaging
- Over the counter medication that is needed daily in original packaging
- Sunglasses
- Watch
- Hat or Bandanna

Prohibited Items (If found, these items will be taken from the camper.)

- Knives, Axes, or Weapons
- Personal Stereos, or I-Pods
- Electronic Games
- Cell Phones
- Snacks and Candy
- Money
- Fans
- Pool Toys

Tips to Consider:

- 1) Put your name on EVERYTHING!
- 2) If you would be very upset if an item got lost or broken, please do not bring it.
- 3) Flip-flops are not appropriate for most camp activities. Sandals should have a heel strap. Flip Flops are only permitted as water shoes.