



What to bring to camp checklist!

Clothing

- 6-7 t-shirts or tank tops (no spaghetti straps)
- 4+ pairs of shorts
- 1-2 pairs of long pants or jeans (these are required for riding horses)
- Swim suit (1 piece or tankini style that covers the midriff)
- RainCoat or Poncho
- Jacket or Sweatshirt
- 2+ pairs of shoes (one pair that is waterproof is recommended, and closed toe shoes must be worn at the barn)
- Underwear/Socks (the more the merrier)

Bedding

- Sleeping Bag
- Sheets/Blanket
- Pillow

Toiletries

- Washcloth
- 2 Towels (1 pool, 1 bath)
- Soap
- Shampoo
- Toothbrush and Toothpaste
- Deodorant
- Comb/ and or Brush
- Sun Screen
- Feminine Hygiene products (if needed)

Equipment

- Flashlight with new batteries
- Water Bottle
- Insect Repellent
- Bible
- Small Backpack

Health

- Prescription Medication in Original Packaging
- Over the counter medication that is needed daily in original packaging

Extras and Options

- Camera

- Journal/Notebook
- Sun Glasses
- Watch
- Hat or Bandanna

Prohibited Items

- 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) Open-toed shoes or sandals are not appropriate for most areas of camp. Hiking sandals can be worn, but must strap to your feet. Flip Flops are only permitted as "shower shoes" and cannot be worn outside of the bath house.
- 4) Sheets are ok on your bunk, but sleeping bags are better for the sleep out.
- 5) Be prepared for rain, including bringing an extra pair of shoes, and multiple extra pairs of socks.
- 6) Try to pack in as few bags as possible.

IMPORTANT INFORMATION

- **CHECK-IN:** Campers may check in between 3-5 PM. This consists of receiving housing assignments, collections of any balances due, and a visit with the health services director.
- **CHECK-OUT:** Parents may return to camp beginning at **3 PM** on Friday. The closing program and slide show begin at **3:30 PM**.

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