

SPRING HEIGHTS - WHAT TO BRING TO CAMP CHECKLIST

CLOTHING

- 6-7 Shirts or T-Shirts
- 4+ pairs of Short pants
- 1-2 pairs of Long Pants or Jeans
- Swim Suit **Girls:** 1-Piece Suit **Guys:** Swim Trunks. NO BIKINIS.
- Rain Coat or Poncho
- Jacket or Sweatshirt
- 2 Pairs Shoes, Hiking Boots or Sneakers
- Underwear/Socks

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

EQUIPMENT

- Flashlight w/ new batteries
- Water Bottle or Canteen
- Insect Repellent
- Bible

HEALTH

- Prescription Medications in Original Packaging

EXTRAS AND OPTIONS

- Camera
- Notebook/Journal
- Sun Glasses
- Watch
- Hat or Bandana
- A Book for Free Time or Rest Time

PROHIBITED ITEMS:

- Knives, Axes, or Weapons
- Personal Stereos or MP3 Players
- Electronic Games
- Cell Phones
- Snacks and Candy
- Money
- Fans
- Over the Counter Medications
- Swimming 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, don't bring it.
- 3) Open-toed shoes or sandals are not appropriate for most areas of Camp.
- 4) Sheets are ok on your bunk but a sleeping bag is better for the sleep out.
- 5) Be prepared for rain, including bringing an extra pair of shoes.
- 6) Try to pack everything in 1 pack, duffel or suitcase.

IMPORTANT INFORMATION

CHECK-IN:

Campers may check-in from 3:00 – 5:00 pm. Check-in consists of receiving your counselor and housing assignments, collection of any balances due, and consultation with the Health Services Director. We ask that you have your medications with you at that time. We cannot accommodate early check-in. In you arrive early you are welcome to walk or relax on the grounds until 3:00pm.

CHECK-OUT:

Parents may return to camp beginning at **3:00 pm** on check-out day for the closing program and pick-up.

VITAL INFORMATION: *The closing program & slideshow begins at 3:30 pm.*

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