



# What to Bring to Camp



## Clothes

- 7-8 t-shirts or tank tops
- 5+ pairs of shorts
- 1-2 pairs of long pants or jeans (these are required for riding horses and the challenge course)
- Swimsuit (also bring swimsuit bottoms and a swim shirt. A swim shirt will be provided if needed.)
- Raincoat or Poncho
- Jacket or Sweatshirt
- 2+ pairs of shoes (one pair that is waterproof is recommended, and closed-toed shoes must be worn at the barn)
- Underwear/Socks

## Bedding

- Sheets/Blanket
- Pillow
- Sleeping Bag

## Equipment

- Flashlight (with new batteries)
- Reusable Water Bottle
- Insect Repellent (we recommend getting the DEET-free kind)
- Bible
- Small Backpack

## Toiletries

- 2 Towels (1 bath, 1 pool)
- Washcloth
- Soap and Shampoo
- Toothbrush and Toothpaste
- Deodorant
- Hairbrush and/or Comb
- Sunscreen
- Aloe (optional)
- Shower shoes (flipflops or slides)
- Feminine Hygiene products (if needed)

## Health

- Prescription medication in original packaging
- Over-the-counter medication that is needed in original packaging

## Extras

- Camera
- Journal/Notebook
- Writing Impliment (pens, pencils, markers, etc)
- Sunglasses
- Watch
- Hat/Bandanna
- Fidget Toys

# Reminder:

Spring Heights is a Christian camp committed to fostering a Christ-centered environment. While we do not enforce a strict dress code, we ask that campers pack clothing that aligns with and respects our Christian values. Comfort and safety should be the most important factors when choosing camp attire. If you have any questions about what to pack, please feel free to contact our office—we're happy to help!

## Prohibited Items

- Knives, Axes, or Weapons
- Snacks and Candy
- Electronic Games
- Money
- Radios/Stereos
- Electric Fan
- Cell Phones
- Pool Toys (Camp provides them)

## 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. Flipflops are only permitted as “shower shoes” and cannot be worn outside of the bathroom.
- 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 as few bags as possible.

**Questions, please call the camp office at 304-927-5865  
or email us at [info@springheights.org](mailto:info@springheights.org)**