

## Ascendigo Summer Camp Packing List

It's never too early to start thinking about what you need to pack! If you have any questions, it's always a good idea to contact us early.

### Bedding

- Mattress pad (single bed)
- Sheet set (single bed)
- Blanket  
..... OR .....
- Sleeping Bag  
..... AND .....
- Pillow
- Bath towel
- Beach towel or quick dry pack towel (for lake and river sports)

Important: Because we are in a high altitude setting -If you are traveling by airplane, please send all personal hygiene items in Ziploc bags, to prevent bursting inside luggage.

### Personal Hygiene

- Soap
- Shampoo/conditioner
- Hairbrush/comb
- Toothbrush
- Toothpaste
- Vitamins
- Medications - with dosing instructions in original RX bottle
- Sunscreen
- Lip balm w/ sunscreen
- Deodorant - teens/adults
- Razor - teens/adults

### Gear

- Baseball cap or/ Full Brim Hat
- Sunglasses
- Sunglass strap for water sports

- **1 - 1 liter Water Bottle (for daily hydration)**
- **Day Pack** (small backpack to carry your water, beach towel, change of clothes, snacks, sunscreen, etc. to different daily activities.)

## **Clothing**

- Rain Jacket (waterproof)
- Long sleeved fleece hoodie or pullover (cool mornings & evenings)
- 1 - 2 pairs long pants
- 2 pairs - Shorts
- 3 - 5 - short sleeved shirts
- Pajamas
- Underwear
- 2 pairs hiking socks
- Bathing suit - Girls - 2 @ one piece bathing suits (racing-type suits)
- Bathing suit - Boys - Board shorts
- Rash guard top -Light colored long sleeved (protects skin under lifejacket and from strong mountain sun)
- 2 pairs- Baggies - (long, surfer-type trunks)
- Rash guard top - Light colored long sleeved protects skin under lifejacket and from strong mountain sun
- Swim Goggles - (Optional)

## **Shoes**

- 1 pair -sneakers or low top hiking shoes (hiking and daily wear)
- 1 pair - Sandals or water shoes - must have heel straps (no flip flops) for lake & river sports

**If you have questions, please call or email, we'd be happy to help!**

**970-927-3143 or [info@ascendigo.org](mailto:info@ascendigo.org)**