

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

### RESIDENTIAL LIFE

Participant will be living on campus in a **dorm with up to 1 other person**. Each room has 2 twin beds, 2 small closets and a bathroom with a shower. The dorm rooms all have A/C. No pets are allowed in the dorms.

#### Average Summer Temperatures:

- The average temperature in the summer during the **day is around 80 degrees** (we typically have several days near 100 degrees). There is a drastic change in temperature from being in the sun vs. the shade.
- The average temp in the summer during the **night is around 50-60 degrees** but can drop lower.
- **Note: Temperatures can vary dramatically** depending on where the activity is located (elevation/climate changes within 50-mile radius), so bring and **dress in layers!**

### BEDDING

- Sheet set - twin size bed
- Blanket or sleeping bag
- Pillow & pillowcase
- Mattress pad - single bed (*Optional*)

### PERSONAL HYGIENE

***Important: If traveling by airplane, please pack all personal hygiene items in Ziploc bags, to prevent bursting inside luggage.***

- Hairbrush/comb
- Toiletries (toothbrush, toothpaste, soap, shampoo/conditioner, deodorant, lip balm w/ sunscreen)
- Vitamins (must be on med form and signed by physician)
- Medications – with dosing instructions in **original RX** bottle (must be listed on Med form)
- Sunscreen -you will need this EVERYDAY!
- Razor – teens/adults
- Feminine hygiene products
- Contacts/glasses

### GEAR

- Baseball cap or full brim hat
- Sunglasses and sunglass strap for water sports
- **1-liter water bottle (for daily hydration)**
- **Day pack** (small backpack to carry water, beach towel, change of clothes, snacks, sunscreen, etc. to different daily activities.)
- Bath towel and beach towel or quick dry pack towel (for lake and river sports)

### CLOTHING

- Rain Jacket (waterproof)
- Long sleeved fleece hoodie or pullover (cool mornings & evenings)
- 2 pairs long pants
- 2 pairs of shorts
- 3 – 5 short sleeved shirts
- Pajamas
- Underwear and socks (include at least 2 pairs of hiking socks)
- Bathing Suit: **Girls**- 2 one-piece bathing suits (racing-type suits) **Boys**- 2 pairs board shorts
- Rash guard top –Light colored long sleeved (protection from the mountain elements)
- 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

### TRAVEL

- **Driving:** follow directions to get to  
**Colorado Mountain College**  
Spring Valley Campus  
3000 County Road 114  
Glenwood Springs, CO 81601
- **Flying** into Denver: You can take the Colorado Mountain Express (CME) from the Denver airport to the base of the Colorado Mountain College where we can pick you up. Please arrange with us in advance. Other nearby airports: Aspen, Eagle, Grand Junction.

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)

Updated: 2/1/2019