

Logistics

Staff will arrive at their prearranged scheduled date for training. Leads, Sports Specialists, and other Supervisor's will arrive **Tuesday, June 4th** at 9:00am at Ascendigo's main office. That office is located at 818 Industry Place, Carbondale Co 81623. All interns, volunteers, and coaches will arrive on **Thursday June 6th**, 2018 at 1:00pm (return staff) or 2:00pm (new staff) to: **Colorado Mountain College- Spring Valley Campus 3000 County Road 114, Glenwood Springs, CO 81601**. Camp officially starts for campers on Sunday June 16th with the last camp ending on Friday August 9th.

Ascendigo Contacts

- Ascendigo Office: 970-927-3143
- Mathew McCabe: 309-267-2911
- Conlan McGough: 970-219-3915

Living

You 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 and the campus is a **dry campus meaning absolutely NO alcohol, marijuana or illegal substances on the premises at any time**.

Average Summer Temps:

- The average temp in the summer during the **day is around= 80 degrees** (we do tend to get a week or two near 100, however)
- The average temp in the summer during the **night is around= 50-60 degrees**
(Source: <https://weatherspark.com>)
- ****Please note that temperatures can vary dramatically** depending on where the activity is located (activities such as rock climbing will be warmer and activities such as rafting will be colder), so bring and **dress in layers!**

Vehicles:

- It is not necessary that you have your own vehicle while working ASCENDIGO summer camp. If you do decide to bring a car, please let us know so we can allow for the proper amount of parking spaces on campus.

Laundry:

- Coin laundry is available 24/7 on campus and takes quarters only. It is about \$1.50 to wash one load of laundry and about \$1.00 to dry one load of laundry.

Bedding:

- Camping Mattress pad (single bed)
- Sheet set (single bed)
- Pillow
- Blanket
- Sleeping Bag (for weekend activities)

Bathroom:

- Bath towel
- Washcloth
- Hand towel
- Beach towel or quick dry pack towel (for lake and river sports)

Personal Hygiene:

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)*

- Soap
- Shampoo/conditioner
- Hairbrush/comb
- Toothbrush
- Toothpaste
- Vitamins
- Medications – with dosing instructions in original RX bottle
- Sunscreen (You will need this EVERYDAY!)
- Lip balm w/ sunscreen
- Deodorant
- Razor
- Contacts/glasses (Because we are living at such high altitude it is recommended to use daily use contacts versus 2-week use contacts)

Gear:

- Baseball cap or/ Full Brim Hat
- Sunglasses
- Sunglass strap for water sports
- 2 – 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.)
- Lightweight gloves- in can get cold in the mountains when rock climbing, camping, etc.
- Wool beanie (hat) – for cool mornings and nights
- Sports watch
- Camping Dishes - 1 Spork, 1 Camping Personal Dish, 1 Camping Thermos or Mug

Clothing:

- Rain Jacket (waterproof)
- Long sleeved fleece hoodie or pullover (cool mornings & evenings)
- 2-4 pairs long pants
- 4 pairs - Shorts
- 2 pair jeans
- 3 – 5 – short sleeved shirts (ASCENDIGO will provide you with 1 t-shirt)
- Pajamas
- Underwear
- 2 pairs smartwool hiking socks (or other lightweight hiking socks) and regular exercise socks
- Bathing suit –

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- Girls
 - 2 @ one-piece bathing suits (racing-type suits)
 - Board shorts
 - Rash guard top – Light colored long sleeved protects skin under lifejacket and from strong mountain sun
- Guys
 - 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 – heel strap Sandals or water shoes – **must have heel straps (no flip flops)** for lake & river sports
- Flip flops are fine for down time

Travel:

- If you are **driving**= follow directions to get to:
Colorado Mountain College
Spring Valley Campus
3000 County Road 114
Glenwood Springs, CO 81601
- If you are **flying** into Denver= You can take the Colorado Mountain Express (CME) right from the Denver airport to the base of the Colorado Mountain College where we will pick you up. Please give us a call/email to arrange this pickup.
- If you are taking the **train**= Please contact ASCENDIGO, as we will only have one pick-up time. You will need to get off at the Glenwood Springs, Colorado train stop.

Important Notes:

- We are planning on camping the first weekend of training (June 6-8) so if you have camping gear (sleeping bag, sleeping pad, tent, etc.) please bring it.
- We will be doing high ropes, sports climbing indoors and outside. If you have your own helmet, harness and climbing shoes, please feel free to bring them **or** you can use camp gear.
- We will be mountain biking on campus and a few local trails- if you have a bike helmet, gloves and cycling shorts, feel free to bring them. The bikes do not have clipless pedals, so unless you're bringing your own mountain bike or pedal- you won't need to bring your cleated cycling shoes.

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- Paddling- our river outfitter will provide PFD's (life jackets). We have PFD's for lake sports, so you do not need to bring your own.
- **Important Note:** While Ascendigo does not have a staff uniform, we ask that all staff dress in an appropriate and professional manner, regarding all sports and activities. Ascendigo will provide each staff member with an Ascendigo t-shirt. If you have questions regarding the appropriateness of an item of clothing, please call or email, we'd be happy to help!

We are SO excited to have you on our team this summer, please email or call if you have any questions! We're looking forward to seeing you soon!!!! 😊