

First Ascent Packing List

The James C. Kennedy Mountain Campus is located near Red Feather Lakes, CO, at an elevation of 8,000 feet. **You may experience all four seasons within your weekend.** Please make sure you have the necessary gear for your health and enjoyment.

Weather for the Red Feather Lakes area can be found [here](#). Please pay attention to the low temperatures and pack accordingly.

Luggage

Please limit personal belongings to **ONE** duffel bag or suitcase that can be stored under a bunk. Be sure to bring backpack.

Scented Items

Please do not pack perfumes, body spray, or other heavily scented items that attract bugs and wildlife or irritate cabin mates. Deodorant and scented soap are ok.

Clothing

It is preferable to wear quick-drying pants and/or shorts as these garments will help wick sweat and dry more quickly once they become wet. Rock climbing and the high ropes challenge course require a harness, and we suggest wearing pants for these activities.

Footwear – The pathways around campus range from rocky loose trails, mud, gravel, and concrete roads. Please bring footwear that you are comfortable hiking in and don't mind getting dirty.

- Hiking Shoes/boots
- Shower Shoes
- Climbing Shoes (We provide shoes during activity, but you're welcome to bring your own)

Headwear

- Hat for sun
- Hat for cold
- Sunglasses
- Bandana, neck gaiter, or balaclava wind protection and perspiration

Active Wear – Clothing that you are comfortable sweating outside.

- Long sleeve and short sleeve shirt
- Pants and shorts

Mid layer – a warm layer that fits over a shirt and under a jacket

- Fleece hoodie, sweatshirt, sweater
- Thicker leggings/tights

Outerwear – protects you from wind, rain, and cold

- Warm Jacket (nighttime activities)
- Rain Jacket
- Gloves

Cabin wear Sleepwear/loungewear

- Lounge and/or sleep clothing
- Pillow (optional; each bunk has a pillow)
- Heavy Blanket or sleeping bag (sheets and a light blanket are provided)

Headwear

- Hat for sun
- Hat for cold
- Sunglasses
- Bandana or neck gaiter

Toiletries And Medication

There is shampoo/body wash in each shower. We suggest that makeup be waterproof.

- Toothbrush/paste
- Personal needs - contact solution, comb/brush, conditioner, etc.
- Washcloth (Bath towels provided)
- Lip Balm
- Sunscreen
- Medications – if you have a known life-threatening allergy, please pack your Epinephrine

Gear

Activities are spread over campus, please be prepared to walk, and carry your personal items with you.

- Backpack
- 32 fl. Oz. water bottle (at least one)
- Light First Aid Kit - Band-Aids, moleskin, aloe vera gel, etc.
- Headlamp or Small Flashlight
- Climbing Harness (We provide harnesses, but you are welcome to bring your own)

Snacks

You are more than welcome to bring snacks. Light snacks are available in the dining hall between meals. Food service ends at 9:00 pm. There is a refrigerator and microwave in the commons area of each cabin.

If you have questions regarding clothing or personal accouterments, do not hesitate to contact the Outdoor Experience team, Matt Jensen, at matt.jensen@du.edu.