

## First Ascent Winter Trip Packing List & Preparation

The James C. Kennedy Mountain Campus is located near Red Feather Lakes, CO, at an elevation of 8,000 feet (about the height of Mount St. Helens). During your visit, you should be prepared for fluctuating temperatures, wind, rain, and snow. Please make sure you have the necessary gear for your health and enjoyment.

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

If you have questions regarding clothing or personal accouterments, do not hesitate to contact the Director of Outdoor Experiences, Matt Jensen, at [matt.jensen@du.edu](mailto:matt.jensen@du.edu).

## Overnight Packing List

### Note on Space

Please limit personal belongings to a medium-sized duffel bag (stored under a bunk) and a day pack.

### Scented Items

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

### Activewear

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.

- Shirts - short and long sleeve
- Warm Winter Layers:
  - a. Thermal leggings / top (long johns)
  - b. A mid-layer (Fleece, sweatshirt, sweater, etc.)
  - c. Another warm layer (think synthetic or down “puffy” jacket)
  - d. An outer layer / insulating waterproof jacket (think ski jacket)
  - e. Shoes / boots suitable for winter hiking
- Hat for sun
- Hat for cold
- Lightweight gloves
- Insulated gloves / mittens
- Rain / winter jacket and (insulated pants if possible)
- Sunglasses
- Bandana, neck gaiter, or balaclava wind protection and perspiration

### Cabin wear and personal effects

- Sleepwear/loungewear
- Shower shoes
- Pillow (optional; each bunk has a pillow)
- Blanket (a light blanket is provided, but consider bringing a sleeping bag or similar blanket)

### Toiletries

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)

#### Day Pack

- Day pack large enough for your personal effects
- An extra warm layer
- Lip balm (Sunscreen is provided)
- 32 fl. Oz. water bottle (at least one)
- Medications - Epinephrin if you have a known life-threatening allergen
- Light First Aid Kit - Band-Aids, moleskin, aloe vera gel, etc.
- Headlamp or Small Flashlight

#### Optional but recommended

- Camera
- Binoculars
- GPS
- Books
- Download Plant and Animal ID App - Seek, iTrack, iNaturalist

#### **Cabin Amenities**

Cabins sleep around 30 people and come furnished with a seating area, dining table, fridge and freezer, microwave, instant hot water, mugs for coffee and tea, and an assortment of games. There is a small deck with camp chairs.

Restrooms and shower facilities are all-gender with private shower stalls.

#### **Connectivity**

Wifi is available in some buildings at the James C. Kennedy Mountain Campus. Please prepare accordingly. We strongly suggest that all schoolwork be accessible to work offline.

#### **Meals**

All meals and snacks are provided. Meals will be eaten at the Dining Hall. Snacks will be available in the afternoons at the Dining Hall, and Activity Leads may have snacks.

#### **Medical Needs**

A medical professional is accessible 24 hours a day. They are located in the Health Center on the ground floor of the Dining Hall.

#### **Equipment Library**

The equipment library is free to use. We currently stock day packs, compasses, headlamps, hammocks, lawn games, and other outdoor gear. The library is located on the ground floor of the Dining Hall.

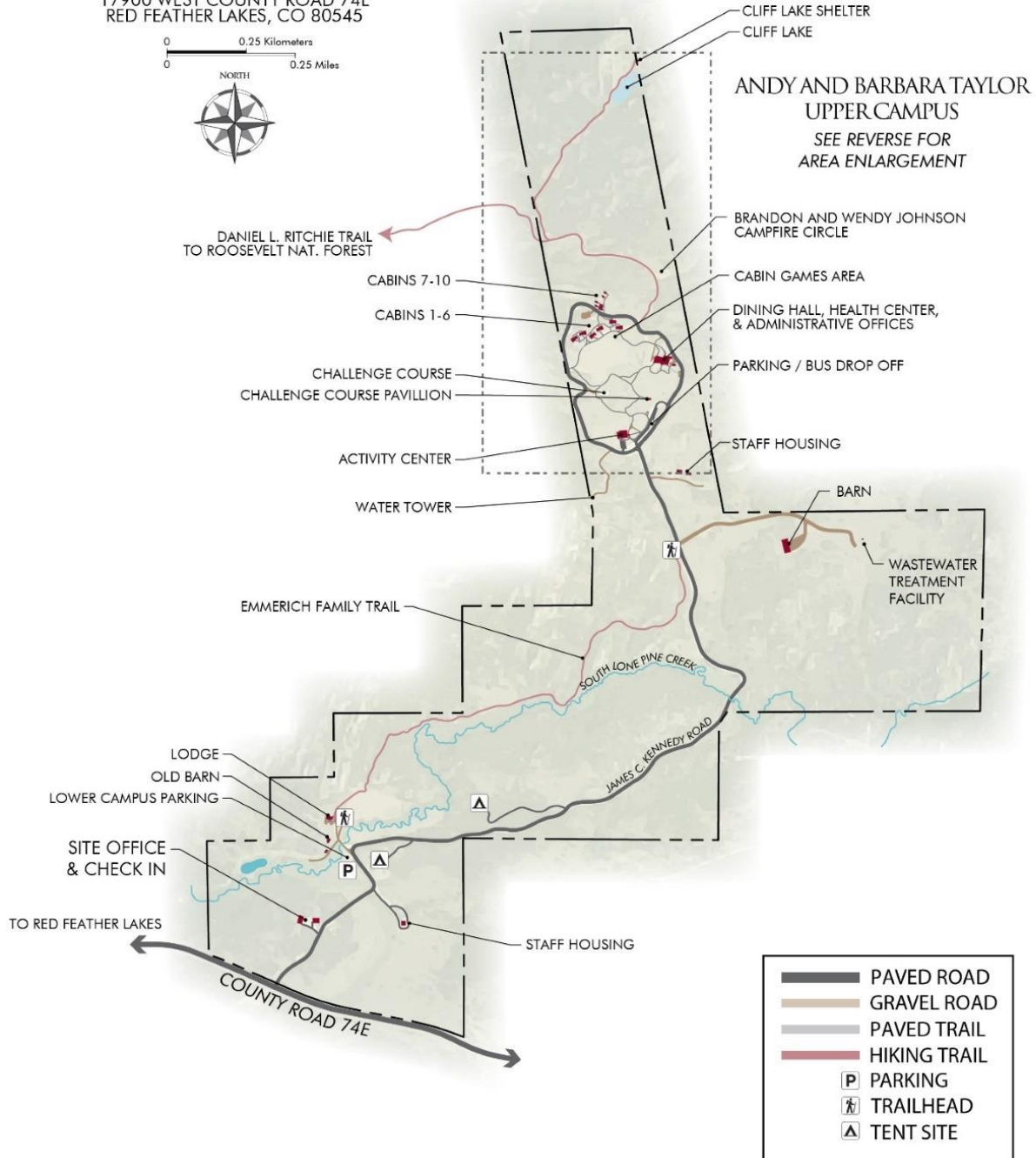


# UNIVERSITY OF DENVER

## JAMES C. KENNEDY MOUNTAIN CAMPUS

17900 WEST COUNTY ROAD 74E  
RED FEATHER LAKES, CO 80545

0 0.25 Kilometers  
0 0.25 Miles

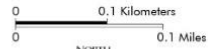




# JAMES C. KENNEDY MOUNTAIN CAMPUS

## ANDY AND BARBARA TAYLOR UPPER CAMPUS

SEE REVERSE FOR OVERALL  
JAMES C. KENNEDY MOUNTAIN CAMPUS MAP



DANIEL L. RITCHIE TRAIL  
TO ROOSEVELT NAT. FOREST

CLIFF LAKE SHELTER  
CLIFF LAKE

BRANDON AND WENDY JOHNSON CAMPFIRE CIRCLE

CABINS 7-10

CABINS 1-6

CABIN GAMES AREA

CHALLENGE COURSE

CHALLENGE COURSE  
PAVILLION

ACTIVITY CENTER

HELICOPTER  
LANDING ZONE

OUTDOOR  
AMPHITHEATRE

WATER TOWER

EMMERICH FAMILY TRAIL

DINING HALL  
HEALTH CENTER AND  
ADMINISTRATION (LEVEL 1)

LOADING DOCK

DU FLAGPOLE

PARKING / BUS STAGING AREA

STAFF HOUSING

- PAVED ROAD
- GRAVEL ROAD
- PAVED TRAIL
- ADA ROUTE
- HIKING TRAIL
- TRAILHEAD
- HEALTH CENTER
- DINING HALL
- PARKING
- ADA PARKING
- BUS STOP
- LODGING
- SHOWERHOUSE
- CLIMBING
- ARCHERY
- CAMPFIRE