

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](#). Pay attention to the low temperatures and pack accordingly.

Luggage

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

Scented Items

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 trail, mud, gravel, and concrete roads. Please bring footwear that you comfortable hiking in and don't mind getting dirty.

- Hiking Shoes
- 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 in outside.

- Long sleeve and short sleeve shirt
- Pants

Base Layer - Warm layers that sit next to the skin and easily fit under a shirt and pants

- Leggings
- Top

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

- Fleece hoodie, sweatshirt, sweater
- Thicker leggings

Outerwear – protects you from wind, rain, and cold

- Warm Jacket (think synthetic or down “puffy” jacket) for night activities
- Water and wind resistant jacket (think ski jacket)

Cabin wear Sleepwear/loungewear

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

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 Epinephrin

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)

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.