



## ADAPTIVE SPORTS CENTER

### ASC TRIP PACKING LIST

#### For your Summer Adventure

- Pants (comfortable and quick drying, not cotton)
- Shorts (quick drying is best, not cotton)
- T-shirt (quick drying is best, not cotton)
- Fleece jacket or warm shirt
- Swimsuit
- Rain jacket
- Rain pants
- Socks (at least one pair wool or fleece)
- Tennis shoes or hiking boots (with good tread for hiking)
- Sport sandals with back strap
- Brimmed hat
- Multi-layer face mask (if needed)
- Sunscreen
- Sunglasses
- Water bottle
- Lip balm with SPF
- Personal toiletries (shampoo, conditioner, soap, toothpaste)
- Prescribed medications and medical supplies (with extras)
- Casual attire for relaxing at lodging and dinner out

### HIGH ALTITUDE TIPS

Crested Butte and the Gunnison Valley are between 7,000 and 10,000 feet above sea level. The following tips will help you to adjust to this environment.

1. **Increase your water intake before you arrive in Crested Butte** – Dehydration can occur over several days and it is best to prevent it by starting to drink water early.
2. **Drink a lot of water and electrolyte drinks once you arrive** – A very small amount of fluid loss in the body can significantly affect your ability to perform.
3. **Protect your skin and eyes** – At high elevation, it is very important to wear sunscreen and eye protection. It will be necessary to reapply sunscreen several times during the day even when it is cloudy.
4. **Be prepared for weather and dress in layers** – Temperatures can drop rapidly. It is best to dress in warm layers and be prepared for any conditions.

**\*ASC has limited items to borrow, so please let us know if you need any listed item.**

Call 970-349-2296 or email [info@adaptivesports.org](mailto:info@adaptivesports.org) with any questions.

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