



**ADAPTIVE SPORTS CENTER**

## **What to pack for a winter ski week in Crested Butte!**

- Ski parka/jacket
- Snow pants
- Long underwear top
- Long underwear bottom
- Wool sweater or Fleece shirt/jacket (both if you get cold easily)
- Socks (wool or fleece – not cotton)
- Winter hat (wool or fleece)
- Warm gloves or mittens (water resistant – not cotton)
- Neck gaiter or buff
- Ski goggles
- Winter boots
- Swimsuit
- Sunglasses
- Sunscreen
- Lip balm
- Water bottle
- Personal toiletries
- Prescribed medications
- Casual attire for relaxing at lodging or eating out in Crested Butte
- Camera (optional)
- If you are ice climbing, bring an extra warm coat (down coats are great for this).
- Recommended: Wheelchair tires suitable for snow and ice.

*The Adaptive Sports Center does have some winter clothes for participants to borrow.  
Please call ahead if you are missing something on this list.*