

DAILY COVID-19 PACK LIST FOR PROGRAMMING:

- Multi-Layer Face Covering (x 2)
- Personal Hand Sanitizer
- Eye Protection (Sunglasses, Clear-Lensed Glasses or Goggles)
- Water Bottle
- Ski clothing or Activity Specific Clothing
- Extra Clothing Layers (Clean)



ADAPTIVE SPORTS CENTER

ASC TRIP PACKING LIST

For your Winter Adventure

- Ski parka/jacket
- Snow pants
- Long underwear top (non-cotton)
- Long underwear bottom (non-cotton)
- Wool/Synthetic sweater
- Fleece shirt/jacket
- High Socks (wool or synthetic)
- Warm gloves or mittens (water resistant)
- Neck gaiter or buff (in addition to mask)
- Ski goggles
- Winter boots
- Sunglasses
- Water bottle
- Lip balm with SPF
- Sunscreen
- Personal toiletries
- Prescribed medications
- Casual attire for relaxing at lodging

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

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.

Call 970-349-2296 or email info@adaptivesports.org with any questions.

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