



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 with any questions.

Mail: P.O. Box 1639, Crested Butte, CO 81224