

## DAILY COVID-19 PACK LIST FOR PROGRAMMING:

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



### 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 treads for hiking)
- ☐ Sport sandals with back strap
- ☐ Brimmed hat
- ☐ Sunscreen
- ☐ Sunglasses
- ☐ Water bottle
- ☐ Lip balm with SPF
- ☐ 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](mailto:info@adaptivesports.org) with any questions.

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