

Adaptive Sports Center

Winter Pack List and High Altitude Tips



PACKING

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
- ┌ Socks (wool or synthetic)
- ┌ Winter hat (wool or fleece)
- ┌ Warm gloves or mittens (water resistant)
- ┌ Neck gaiter or buff
- ┌ Ski goggles
- ┌ Winter boots
- ┌ Sunglasses
- ┌ Water bottle
- ┌ Lip balm
- ┌ Personal toiletries
- ┌ Prescribed medications
- ┌ Casual attire for relaxing at lodging
- ┌ Clothing for a casual meal 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.*