



**James C. Kennedy
Mountain Campus**
UNIVERSITY OF DENVER

**Three Season Overnight Packing List
Spring – Summer – Fall**

The Kennedy Mountain Campus is located near Red Feather Lakes, CO, at an elevation of 8,000 feet. You should be prepared for fluctuating temperatures, wind, and rain during your visit. Please make sure you have the necessary gear for your health and enjoyment.

Weather for the Red Feather Lakes area can be found [here](#).

Note on Space

Please limit your belongings to a medium-sized duffel bag (stored under a bunk) and a day pack.

Scented Items

Please do not pack perfumes, body spray, or other heavily scented items that may attract bugs and wildlife or irritate cabinmates. Deodorant and scented soap are ok.

Note on Activities

Check your event schedule to ensure you are prepared for all activities.

1. Rock climbing and the high ropes course require a harness, and we suggest wearing pants for these activities. Closed toes shoes are required to climb.
2. Yoga, KMC has yoga mats. If you prefer your own mat, please bring it with you.
3. Stand up paddleboarding (SUP) requires a bathing suit, water shoes/sandals, beach towel, and layers to keep you warm.

Activewear

It is preferable to wear quick-drying shirts and pants/shorts as these garments will help wick sweat and dry more quickly once they become wet. It will be cold in the morning and night, pack layers that allow you to adjust to the temperature shifts throughout the day.

- Shirts- short and long sleeve
- Pants
- Shorts
- Warm Layers- sweatshirt, fleece, etc.
- Shoes suitable for hiking
- Shoes/sandals suitable for paddling (Check your schedule)
- Hat for sun
- Hat for cold
- Lightweight Gloves
- Rain jacket and pants
- Rain pants
- Bandana, neck gaiter, or small pack towel- for sun and perspiration



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Cabin wear and personal effects

- Sleepwear/loungewear
- Shower shoes
- Pillow – optional; each bunk has a pillow
- Blanket – optional; each linen pack comes with a pillowcase, top sheet, bottom sheet, light blanket, and towel

Toiletries

There is shampoo/body wash in each shower. We suggest that makeup be waterproof.

- Toothbrush/paste
- Menstrual products
- Personal needs- contact solution, comb/brush, deodorant, etc.

Day Pack

- Day pack large enough for your personal effects
- Sunscreen and lip balm
- Glasses/sunglasses
- Bug spray
- 32 fl. Oz. water bottle (at least one)
- Snacks
- Medications:
 - Epinephrin if you have a known life-threatening allergen
 - Rescue Inhaler if you have asthma
 - Regular medications you take
- Light First Aid Kit- Band-Aids, moleskin, aloe vera gel, etc.
- Headlamp or Small Flashlight

Optional but recommended

- Camera
- Binoculars
- GPS
- Books
- Download Plant and Animal ID App- Seek, iTrack, iNaturalist