



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 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 and/or shoes/sandals suitable for paddling (Check your schedule)
- Hat for sun and cold
- Rain jacket and pants

#### Day Pack: Day pack large enough for your personal effects

- Sunscreen, lip balm, bug spray
- Glasses/sunglasses
- Bandana, neck gaiter, or small pack towel- for sun and perspiration
- 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
- Download Plant and Animal ID App- Seek, iTrack, iNaturalist