



James C. Kennedy Mountain Campus

UNIVERSITY OF DENVER

Winter Single Day Packing List

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. Yoga, KMC has yoga mats. If you prefer your own mat, please bring it with you.
2. Snowshoeing, KMC has snowshoes and traction devices available to rent. If you prefer to use your own, please bring them with you.

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 colder in the morning and night, pack layers that allow you to adjust to the temperature shifts throughout the day.

- Base layers (layers worn against the skin)
 - Long sleeve top
 - Warm tights or bottoms
- Mid Layers (worn over base layers to provide extra warmth)
 - Fleece or sweatshirt
- Outerwear (weather protection)
 - Winter jacket
 - Winter pants
- Shoes suitable for winter hiking
- Hat for cold weather
- Warm Gloves (protect against snow)

Day Pack: Day pack large enough for your personal effects

- Headlamp or Small Flashlight (Mountain Campus is very dark once the sun sets)
- Sunscreen and lip balm
- Glasses/sunglasses and snow goggles
- Bandana and/or a neck gaiter
- 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.)

Optional but recommended

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