

LOGISTICS

Staff will arrive at their prearranged scheduled date for training. Leads, Sports Specialists, and other Supervisor's will arrive **Monday, June 1st** or **Tuesday, June 2nd, 2020** at 9:00am at Ascendigo's main office. This office is located at 818 Industry Place, Carbondale, CO, 81623. All interns, volunteers, and coaches will arrive on **Thursday June 4th, 2020** at 1:00pm (return staff) or 2:00pm (new staff) to: **Colorado Mountain College – Spring Valley Campus, 3000 County Road 114, Glenwood Springs, CO, 81601**. Camp officially starts for campers on Sunday June 14th with the last camp day ending Friday August 7th. If you are unsure of which start date is right for you, refer to your offer letter or call our office at 970-927-3143, ext. 4.

ASCENDIGO CONTACTS

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|---------------|------------------|--------------|
| | Ascendigo Office | 970-927-3143 |
| Director | Mathew McCabe | 309-267-2911 |
| Co-Director | Conlan McGough | 970-219-3915 |
| Coordinator | Logan Fletcher | 253-301-9129 |
| Administrator | Emily Geraci | 719-393-3293 |

LIVING

You will be living on campus in a **dorm with up to 1 other person**. Each room has 2 extra-long twin beds, 2 small closets and a bathroom with a shower. The dorm rooms all have A/C. **No pets are allowed** in the dorms and the campus is a **dry campus meaning absolutely NO alcohol, marijuana or illegal substances on the premises at any time**.

Average Summer Temps:

- The average temp in the summer during the **day is around 80° F**
- The average temp in the summer during the **night is around 50°- 60° F**
- Please note: Temperatures can vary dramatically depending on where the activity is located (activities such as rock climbing will be warmer and activities such as rafting will be colder), so bring and dress in layers!

Vehicles:

- While not necessary that you have your own vehicle while working at summer camp, some people find it beneficial. Our campus is approximately 15 minutes from the nearest town by car and there is no public transportation to and from our campus. Many people find that having a vehicle affords some freedoms during your off time to explore the area. If you cannot bring a car, there are plenty of opportunities to catch a ride with a colleague or friend. Should you decide to bring a car, please let us know so we can allow for the proper amount of parking spaces on campus.

Laundry:

- Laundry is available 24/7 on campus

Adventures Summer Staff Packing List

Bedding:

- Mattress pad (optional)
- Sheet set (extra-long twin single bed)
- Pillow
- Blanket
- Sleeping bag (for weekend activities)

Bathroom:

- Bath towel
- Washcloth
- Hand towel
- Beach towel or quick dry pack towel (for lake and river sports)

Personal Hygiene:

Important: *Because we are in a high-altitude setting – if traveling by airplane, please pack personal hygiene items in ziploc bags, to prevent bursting inside your luggage!*

- Soap
- Shampoo/conditioner
- Hairbrush/comb
- Toothbrush
- Toothpaste
- Vitamins
- Medications – in original RX bottles
- Sunscreen (you will need this EVERYDAY!)
- Lip balm w/ sunscreen
- Deodorant
- Razor
- Contacts/glasses (because we are at high altitude, it is recommended to use daily use contact vs. 2-week use contacts)

Gear:

- Baseball cap or full brim hat
- Sunglasses
- Sunglass strap for water sports

Gear (cont.):

- 2 – one-liter water bottles
- Day Pack (small backpack to carry water, beach towel, change of clothes, snacks, sunscreen, etc.)
- Lightweight gloves
- Wool beanie
- Sports watch
- Camping dishes – 1 spork, 1 camping dish, 1 camping thermos/mug

Clothing:

- Rain Jacket and Rain Pants **REQUIRED** (waterproof)
- Long sleeved fleece hoodie or pullover **NO COTTON**
- 2 – 4 pairs long pants (activewear fabric)
- 4 pairs shorts
- 3-5 short sleeved shirts (Ascendigo will provide you with 1 shirt)
- Pajamas
- Underwear
- 2 – 3 pairs hiking socks (or other lightweight hiking socks) and regular exercise socks
- Bathing suit –

Women:

2 one-piece bathing suit (racing-type suits)

Board shorts

Rash guard top (**REQUIRED**) – light colored long sleeved protects skin under lifejacket from strong mtn. sun

Men:

2 long, surfer-type swim trunks

Rash guard top (**REQUIRED**) – light colored long sleeved protects skin under life jacket from strong mtn. sun

Shoes:

- 1 pair – sneakers or low top hiking shoes (hiking and daily wear)
- 1 pair – heel strap sandals or water shoes – **must have heel straps (no flip flops)** for lake & river sports
- Flip flops are fine for down time

*Outdoor Gear:

*Note: **this gear is not required for your job responsibilities.** If you are an outdoor enthusiast, you will want to bring your gear to explore the area! Be sure to also bring ALL items on the separate Staff Camp Out Packing List.*

- Tent (optional)
- Hiking boots/shoes
- Climbing gear (ropes, harness, gear, etc.)
- Fishing gear (you'll need a CO fishing license)
- Mtn Bike/Road Bike (storage on bike rack or in car only)
- Kayak and river gear (limited storage)

Travel:

- If you are **driving**, follow direction to get to:
Colorado Mountain College
Spring Valley Campus
3000 County Road 114
Glenwood Springs, CO, 81601
- If you are **flying** into Denver: you can take the Colorado Mountain Express (CME) from the Denver airport to Thunder River Market where we can pick you up. You **MUST** call/email to arrange this pickup

IMPORTANT NOTES

- We are planning on camping the first weekend of training so if you have camping gear (sleeping bag, sleeping pad, tent, etc.) please refer to the Staff Weekend Camp Packing List
- Bring any outdoor recreation gear that is applicable for our sports (lake, river, ranch, alpine)
- While Ascendigo does not have a staff uniform, we ask that staff dress in an appropriate and professional manner, regarding all sports and activities. Ascendigo will provide each staff member with an Ascendigo shirt. If you have questions regarding the appropriateness of an item of clothing, please call or email, we'd be happy to help!

We are SO excited to have you on our team this summer, please email or call if you have any questions! Looking forward to seeing you soon!

Adventures Team