

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 you are traveling by airplane, please pack personal hygiene items in Ziploc bags, to prevent bursting inside luggage)

- Soap
- Shampoo/conditioner
- Hairbrush/comb
- Toothbrush
- Toothpaste
- Vitamins
- Medications – with dosing instructions in original RXbottle
- Sunscreen (You will need this EVERYDAY!)
- Lip balm w/ sunscreen
- Deodorant
- Razor
- Contacts/glasses

Gear:

- Baseball cap or/ Full Brim Hat
- Sunglasses
- Sunglass strap for water sports
- 2 – 1-liter Water Bottles (for daily hydration)
- Day Pack (small backpack to carry your water, beach towel, change of clothes, snacks, sunscreen, etc. to different daily activities.)
- Lightweight gloves
- Wool beanie – for cool mornings and nights
- Sports watch (optional)

Clothing:

- Rain Jacket (waterproof)
- Long sleeved fleece hoodie or pullover (cool mornings & evenings)
- 2-4 pairs long pants (activewear fabrics)
- 4 pairs - Shorts
- 3-5 short sleeved shirts (ASCENDIGO will provide you with 1 t-shirt)
- Pajamas
- Underwear
- 2 pairs hiking socks (or other lightweight hiking socks) and regular exercise socks
- Bathing suit

Ladies

- 2 one-piece bathing suits (racing-type suits)
- Board shorts
- Rash guard top (REQUIRED) – Light colored long sleeved protects skin under lifejacket and from strong mountain sun

Gentlemen

- 2 long, surfer-type swim trunks
- Rash guard top (REQUIRED) – Light colored long sleeved protects skin under lifejacket and from strong mountain 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