DUNCAN PARK

Camper Packing List:

- **Coat/Puffer:** it gets cold up here! Temperatures regularly dip below freezing in June.
- **Fleece jacket, pullover, or sweatshirt**: having layers is the best way to stay warm!
- **Rain jacket**: a lightweight, waterproof, zip-up jacket with a hood is best.
- **Both long sleeve and short sleeve shirts**: layers are key! Bring *athletic*, *water wicking* tops for activities like climbing, hiking, and rafting. *Try to stay away from cotton, especially for backpacking!*
- **Pants and shorts**: be sure to pick clothes you can move in. Ideally, leggings, sweatpants, or joggers for colder nights and athletic shorts for day time. Bring *athletic*, *water wicking* pants/shorts for activities like climbing, hiking, and rafting. *Try to stay away from cotton!*
- **Swimsuit:** *if rafting,* we do not provide pool towels, you may want to throw one in!
- **Shoes and socks**:
    - 1 sturdy pair for hiking and adventuring (boots are best!)
    - 1 for hanging out around camp (i.e. sandals or sneakers)
    - 1 pair of shower shoes if desired.
    - Make sure your boots are broken-in before camp and bring extra socks.
        - *If backpacking, please bring wool socks for trail.*
- **Warm hat/beanie AND hat with a brim AND Sunglasses**
- **Gloves or mittens**
- **Sunscreen:** high elevation means stronger UV exposure! Be sure to protect yourself from the sun.
- **Reusable water bottle**: such as a Nalgene, Hydro Flask, Yeti, or Camelbak
- **Headlamp or flashlight**
- **Toiletries:** suggested are toothpaste/brush, deodorant, shampoo/conditioner/body wash, eye care, moisturizer/lotion, hair brush.
- **Lip Balm/Chapstick:** if it includes SPF, even better!
- **Hiking day pack or regular backpack**- Duncan Park will provide you with all backpacking gear (if applicable), but feel free to bring any personal gear you may want on the trail.
- **Optional**: Camera, bandana, fishing pole and gear, journal, sketchbook

DO NOT BRING: drugs, alcohol, or tobacco products; firearms, knives, or fireworks; hair dryers, curling irons, or other small personal appliances unless for medical purposes.

Duncan Park Provisions and Environmental Considerations:

Duncan Park Provides:

- Bed Linens
- Towels
- Pillows
- Blankets
- Sleeping Bags
- Backpacking Gear
- We have over-the-counter medications such as Ibuprofen, Tylenol, Pepto Bismol, etc.

Environmental Considerations:

In August and September, keep in mind that you are at 9,530 ft in elevation. That means that evening can be anywhere from 40-30 degrees at night and our cabins don't have central heat. During the day, it will be from 50-70 degrees.

You are nearly two miles closer to the sun in the mountains. Those sun-rays are no joke at that altitude!

Realities of Altitude

Duncan Park's elevation impacts everyone differently. When at altitude, people can get headaches, stomach aches, feel sluggish and have a hard time breathing. These symptoms are normal and can be treated. To best curve the effects of altitude, drink plenty of water starting the day before travel, go easy the first 24 hours, and exercise before coming (going on walks every day). For those who find it hard to breathe at sea level i.e. south Texas, then it will be even more difficult for you at altitude. Please keep that in mind when coming to Duncan Park.

Duncan Park - Communication Information

Duncan Park is outside of cell phone coverage and has very limited internet connection. There is a phone on site to place outgoing calls in case of an emergency. If you need to let family members know how to contact you while you are away, incoming calls can be directed to Duncan Park's landline at 720-608-0792.

If you have ANY questions, please do not hesitate to contact us, and we will reply as soon as we are able.

Peace,

Shelby Rowe, Summer Camp Director
Matthew McLendon, Site Director