



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.

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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 (BandAids, moleskin, aloe vera gel, etc.)

Optional but recommended

Camera

Binoculars

GPS

Download Plant and Animal ID Apps: Seek, iTrack, iNaturalist