



### What to Bring:

- ❖ **Comfortable clothes**, enough for the week, and **pajamas**
- ❖ To wear on your feet: **athletic shoes/hiking boots** (think closed toes, good support, and a secure fit for optional hiking opportunities); **casual shoes** (e.g. tennis shoes, sport sandals, etc.); **shower shoes**
- ❖ To stay warm\* in the evening or early morning: **Fleece jacket, pullover, or sweatshirt; wool or fleece hat**
- ❖ For sun protection\*\*: **hat with a brim; sunscreen; sunglasses**
- ❖ For rain protection: **rain jacket or poncho**
- ❖ **Small backpack** (for optional hiking opportunities)
- ❖ **Flashlight or head-lamp**
- ❖ **Toiletries** - ([www.tsa.gov](http://www.tsa.gov) for flight size regulations)
  
- ❖ **Other optional items** - camera, wrist watch, fishing pole and gear, bandana

**Duncan Park provides:** Linens, Pillows, Blankets, and Towels

\*In August and September, keep in mind that you are at 9,530ft 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 sunrays are no joke at that altitude!

### Realities of Altitude

Duncan Park's elevation is 9,530ft. Altitude effects everyone differently. When at altitude people get headaches, stomach aches, feel sluggish and have a hard time breathing. These are normal. To best curve the effects of altitude, drink plenty of water starting on your day of 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 at 720-608-0792.

If you have ANY questions, please do not hesitate to contact me, and I will reply as soon as I am able. My cell phone number is (865-771-0797).

Peace,

*Jody Davis*

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