



What to Bring:

- ❖ **Comfortable clothes**, enough for the week, and **pajamas**
- ❖ **Face Mask(s)**
- ❖ 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**
- ❖ **Other optional items** - camera, wrist watch, fishing pole and gear, bandana
- ❖ **Swimsuit** - to wear under a wetsuit if you intend to participate in whitewater rafting

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

***June weather** in the Rocky Mountains is like late winter in South Texas, with cold nights (30° - 40° F) and warmer days (40° - 60° F). However, **July weather** in the Rocky Mountains is like spring in South Texas, with cool nights (40° - 50° F) and warmer days (60° - 80° F). Expect rain showers in the afternoon all summer long. For tips on how to layer, visit [REI's expert advice page](#).

**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 affects 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, but if you need let family members know how to contact you while you are away, incoming calls can be directed to Rob Watson, Executive Director of Camps and Conferences, in San Antonio at (888/210) 824-5387.

Rob Watson can contact Duncan Park if anyone has an urgent message for you from 9:00 AM to 5:00 PM, Monday to Friday. Outside of these hours, Rob can be reached at home via his cell phone at (210) 837-2788.

If you have ANY questions, please do not hesitate to contact me, and I will reply as soon as I am able.

Peace,

Jody Davis
Duncan Park Director
duncan.park@dwtx.org
Cell: 865-771-0797
DP Landline: 720-608-0792