



2020 Summer Participant Personal Checklist

Personal Supplies

- lightweight day pack
- facemask or other cloth face covering
- minimum 1-liter water bottle
- long or short pants (quick-dry preferred – avoid cotton).
- sandals (preferred strap on the back), water shoe, or running shoes
- swimwear
- short and long sleeve shirt (quick-dry preferred – avoid cotton).
- light jacket
- ball cap or brimmed hat for sun protection
- Rx glasses/contacts as needed
- sun glasses
- sun screen
- chap-stick with sunscreen protection
- prescription medications as needed
- over-the-counter medications as needed
- beach towel

Supplies Provided by CCASC

- All activity equipment
- Hand sanitizer/hand washing station
- Water for refilling participant's personal water bottle

Tips for mountain environment

1. Drink more water
2. Protect skin and eyes (sunscreen & sunglasses)
3. Be prepared for weather changes