

Mines Climbs Together



RETURNING TO MINES | Packing Guide

Everything you'll need to pack for your day-to-day on campus, tips for staying physically and mentally healthy and how to take advantage of everything Colorado has to offer while social distancing.



Whether you're loading up a burro or backpack for your return to Mines, we hope this guide helps you prepare for a comfortable and safe fall 2020 semester.

While masks, social distancing and other requirements will change some aspects of the Mines experience, you'll still be going to class, meeting new people, learning loads and trying new things (including new food options on campus).

Our advice? Pack like you're thru-hiking campus each day, wear layers and be sure to wear a mask—but also seek out company to join you on the journey (after all, 6 feet isn't really all that far).

We're all on this climb together. See you out there.



HOW TO PACK FOR YOUR DAY

Pack your chow

Make sure to bring some fuel for the day with lunch and plenty of snacks and water.

Check the weather

Will you need a raincoat, beanie or sandals?

Prepare for work

Don't forget those study essentials: A laptop or tablet (and chargers), notebooks and headphones.

Get comfortable

Have a yoga mat, favorite blanket or camp chair? Fasten it on.

Stay safe

Disinfectant wipes? Check. Mask? Got it. Wand? Fantastic.



A DAY IN THE LIFE

Breakfast

Grab a bite before you head out the door—after you've had a cup of coffee, of course.

Mask up

Make sure you have your safety essentials, and head to campus for your first class of the day.

9 a.m.

Finish class, wipe down your desk and head over to the Kafadar Commons for some fresh air before the next item on your agenda.

11 a.m.

Head to the Green Center to snag a seat for your next class.

Lunch outside

Eat a healthy meal while listening to your favorite podcast. Do some stretches.

12:30 p.m.

Have a question that didn't get answered in class? Hop on Zoom during your professor's virtual office hours.

1 p.m.

Ready for your next class? Let's go!

2 p.m.

Have some free time? Walk and talk with a friend.

6 p.m.

Pop into the Student Recreation Center for a quick workout—just be sure to wear a mask!

7:30 p.m.

Head home to study with roommates, knock out some homework and prepare for tomorrow's classes.

9 p.m.

Netflix. Animal Crossing. Bob Ross videos. Unwind with a bit of self-care.





Day-to-day

CAMPUS ESSENTIALS



Reusable water bottle

Stay hydrated throughout the day, and pause for refills at a filling station between classes. (Don't forget to wash your bottle after every use!)

Headphones

Noise-canceling headphones are ideal for staying focused, but any will do to re-listen to the lecture from your last class period.

Comfortable walking shoes

A good pair of shoes is essential for pounding the pavement between classes or unwinding with a hike around Golden.

Clothing you can layer

Wear or carry clothes with you that can easily be added or removed as you move between hot and cold spaces throughout the day or run into unpredictable weather.

A lunch bag and healthy snacks

Carry your favorite foods with you to stay fueled and focused, even on the busiest days.

Sunscreen, sunglasses and a hat

Colorado is famous for its sunshine, but it's important to stay protected from harmful UV rays.



PRO TIPS

Go off trail.

If you can, change up your routes, study spots and more to inject some surprises into your day.

Bring a yo-yo, Frisbee or Rubik's Cube with you.

Make sure you have something fun to do during your breaks in the day while staying a safe distance away from others.

Get some fresh air.

Try to get outside and soak up some sunshine at least once every day.

Check in with friends and loved ones.

Socializing with your support network—even from 6 feet away—is essential. And don't forget to add new friends into the mix!

Photo by Daniel Moreno

GET OUT

Working out

Mines Student Recreation Center Hours

Monday, Wednesday, Friday: 8 a.m. to 4 p.m.

Tuesday, Thursday: 11 a.m. to 7 p.m.

Closed on Saturday/Sunday

*Masks required

Getting out

Outdoor Recreation Center guided trips and gear rentals

Get outside with hikes around town like North and South Table Mountain, Mt. Galbraith, Clear Creek walkway and Chimney Gulch.

Eating out

Downtown Golden offers many carry-out options, patio dining, parks for picnic excursions and more. Learn more at [visitgolden.com](https://www.visitgolden.com).

Stretch out

Heather Hamilton at the Student Recreation Center offers these reminders to stay comfortable, fit and limber whether logging in or sitting down for class.

- **Set a timer for every 30 minutes** to get up and move around a bit.
- **Be mindful of your posture while sitting.** Remember to sit tall, brace the core, and roll the shoulders back and down when you can.
- If you can **get your hands on a resistance band**, do some band pullaparts a few times per day to help keep the upper back strong and prevent fatigue in the neck and upper traps.

NEED A BREAK?

Take care of your physical and mental health with these items

Walking shoes or hiking shoes

There are plenty of hiking trails and outdoors spaces around campus and beyond to explore while social distancing—and a practical pair of shoes is key to your adventures.

A solid streaming subscription

Unwind by catching up on old episodes of your favorite show or watching a funny movie.

A ski or national park pass

Colorado's ski slopes and protected natural spaces are popular destinations for those weekends when you want to get out of Golden. Just be sure to follow all local and nationally mandated safety guidelines while you're out and about!

Yoga mat (or other exercise equipment)

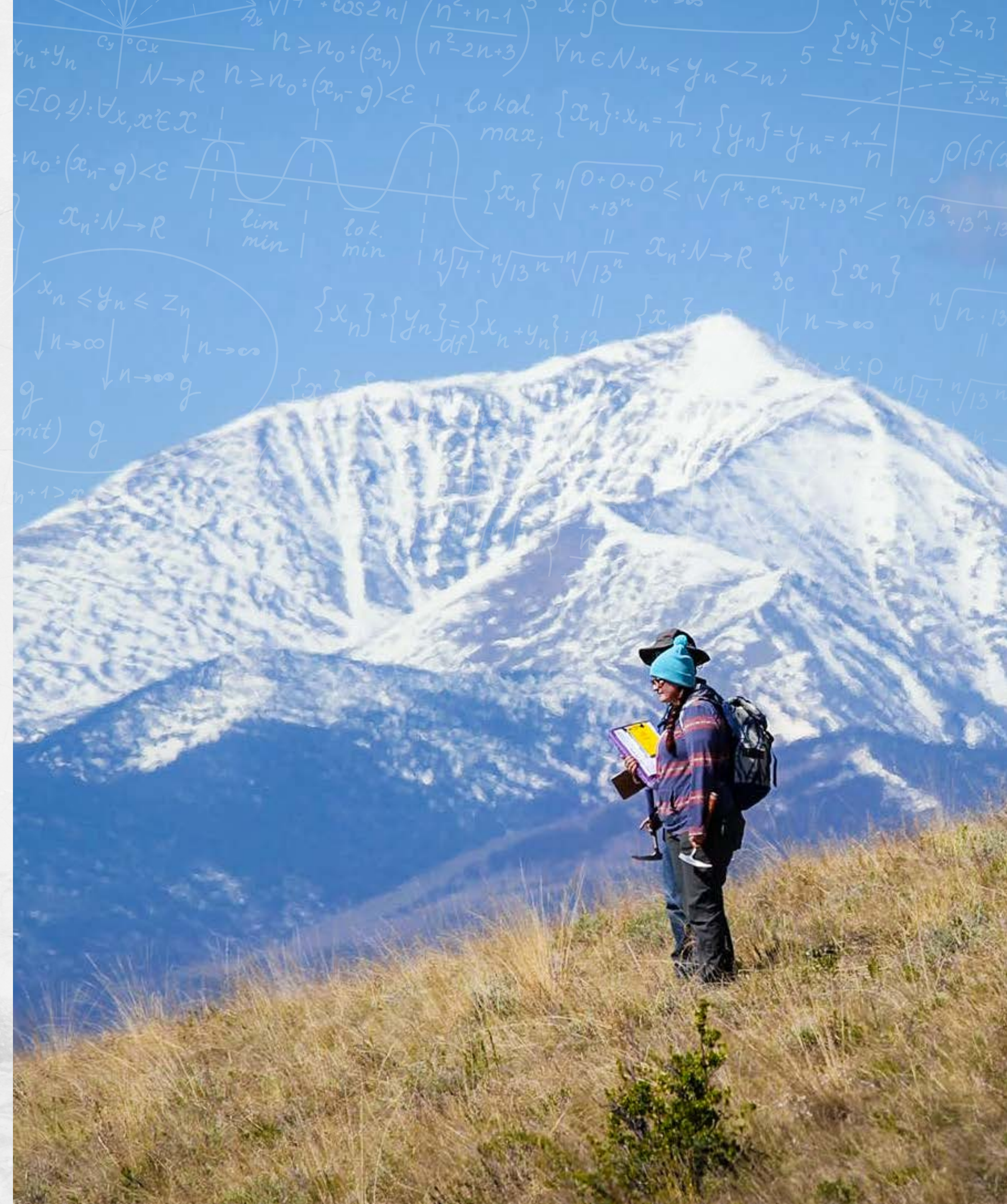
A quick afternoon asana—or other at-home workout—might be just what you need to power through the rest of the day or practice a little self-care between classes.

An ebook device

Easily download your next great read without having to worry about storing your books or getting to the library.

Visit mines.edu/everyoredigger for more self-care tips and mental health resources.

For more fun things to do around Colorado while social distancing, check out colorado.com



Pack these four items to **STAY HEALTHY**

Cloth face masks

Don't forget to grab a face mask on your way out the door every morning to help protect yourself and your fellow Orediggers. (Just be sure to wash your mask after every use!)

Hand sanitizer

A small bottle of sanitizer that can clip onto your book bag will come in handy (pun intended) when soap and water aren't readily available.



Disinfecting wipes

Wiping down your desk before and after class (and any other surfaces you may come in contact with throughout the day) will help keep you and the rest of Mines healthy.

A reusable water bottle

Stay hydrated throughout the day, and pause for refills at a filling station between classes. (Don't forget to wash your bottle after every use!)

