



2025

DOD WARRIOR GAMES

TEAM MARINE CORPS

ATHLETE INFORMATION PACKET



Colorado, CO



17-27 July 2025



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Important phone numbers:

Medical Cell: 703-989-3937

SAPR Cell: 571-316-6174

If you have additional questions, please email wwsports@usmc.mil or call 703-432-1225.

We look forward to your participation in this event!



What to Expect

1. 40 Marine and Sailor athletes will attend the Department of Defense Warrior Games. World-class coaches have been hired to provide you with elite training and competitions.
2. Once you arrive at Colorado Springs Airport (COS) in Colorado, pick up your baggage and proceed to the USO Lounge. You will be greeted there by Marine Corps staff and will be transported to the Hotel Polaris. If your flight is delayed or you miss your flight, please text in the athlete signal group chat.
3. Each athlete and staff member will be in a double occupancy room at the Hotel Polaris, 8989 North Gate Blvd, Colorado Springs, CO. Families will be staying at the Colorado Springs Marriott, 5580 Tech Center Dr., Colorado Springs, CO.
4. Expect to begin training daily at 0730. WWR staff will transport you to all training sessions, meals, and special events. You are required to attend all training sessions unless medically excused. No POVs or rentals will be authorized. You are not able to travel with your family members via the family transportation and your family will not be able to travel with WWR provided transportation.
5. Laundry facilities are available at/or near hotel Polaris, but you must provide your own detergent.
6. ALL Meals will be provided at Colorado College Rastall dining hall. All athletes must be in authorized athletic track suits (Service specific) or appropriate civilian attire. Meal hours will vary based on schedule.
7. A medical team is available for medical needs. Doctors, Corpsman, Athletic Trainers, Physical Therapists, and a mental health provider will be on hand. No medications – including over the counter (OTC) medications - will be provided or administered by medical staff. Please bring all your prescribed medications and any OTC medications you may need. You will be able to obtain WWR transportation to a local grocery store for missing or as needed OTC medication.
8. Uniform and equipment requirements are listed on the following pages.
9. Those athletes with approved service dogs will ensure that the service dog wears a vest with visible accreditations, harnessed or leashed, unless these devices interfere with the service dog's clinically required tasks or the individual's disability prevents using these devices. In that case, the individual must maintain control of the animal at all times through voice, signal, or other effective controls. Service animals must remain under the control of their handler. Service dogs in training are not authorized or emotional support animals. Animals whose sole function is to provide emotional support, comfort therapy, companionship, therapeutic benefits, or promote emotional well-being are not service dogs and will be denied access. This includes animals used in Animal-Assisted Therapy and Animal-Assisted Activity programs. If the service animal exhibits unacceptable behavior, the handler and the service animal may be asked to withdraw from participation. The ADA considers unacceptable behavior as including uncontrolled barking, jumping on other people, or running away from the handler.

Always remember, you are representing the United States Marine Corps!!



Packing List

Packing List (Legend: (r)=Required, (s)=Suggested)		
Hygiene Items	Clothing	Accessories/Other
Toothpaste, Toothbrush (r)	2 – Dress Shirt/Polo (r)	Cellphone, Charger, Earbuds (s);
Headbands/Hair items (s)	1 – Khaki Pants (r)	TSA locks for personal gear
Razors, Shaving Cream (r)	2 – Dress Socks/Shoes (r)	Camera if desired (s)
Chap Stick (s)	2 – Sports Bra (s)	Googles/ear-nose plugs
Soap (r)	1 – Belt (r)	Hat (s)
Shampoo/Conditioner (r)	12 – Underwear (s)	Sunglasses (s)
Deodorant (r)	12 – Athletic Socks (r)	Notebook (s)
Towels (r)	1 – Red Track Suit if have already (s)	Pen/Pencil (s)
Washcloths (s)	1 - Swim suit/trunks	Laundry Detergent (r)
Sunscreen; Lotion (s)	Athletic Attire (r)	Prescribed and as needed over-the - counter (OTC) medications (minimum 20 days) (r)
Epsom bath salt (s)	1 - Running Shoes (r)	
	Coat/Jacket –cold & wet weather (s)	
Important Reminders for your Trip		
Ensure your flight is ticketed		
Bring a minimum of 20 days of medications.		
Additional athletic attire as desired (for training/practices to augment what is issued)		
Bring Military ID if you have one. If not, bring your driver's license or any national or state issued photo ID.		

Other things you may want to consider

- ☐ Braces, tape, therapeutic bands, refillable ice bags, Epsom bath salts, TheraGun, personal support items
- ☐ Prosthetics/running legs, wheel chairs, adaptive sports equipment, CPAP
- ☐ Laundry Bag/Laundry Detergent/Drier Sheets/dollars/quarters
- ☐ Refillable water bottle
- ☐ Towel (for swimming and/or showering at the gym)
- ☐ Additional bag (day back pack)
- ☐ Swim parka (weather/pool dependent)
- ☐ Ibuprofen, acetaminophen (Tylenol), sports creams (ben gay, voltaren, lidocaine patches, as applicable)
- ☐ Vitamins, protein powders, BCAAs, Electrolytes (as applicable)
- ☐ Ziploc bags (for day snacks, ice, etc)
- ☐ Service trading swag (as desired)
- ☐ Wearable Tech (Oura Ring, Garmin, Fit Bit, Whoop, etc.)

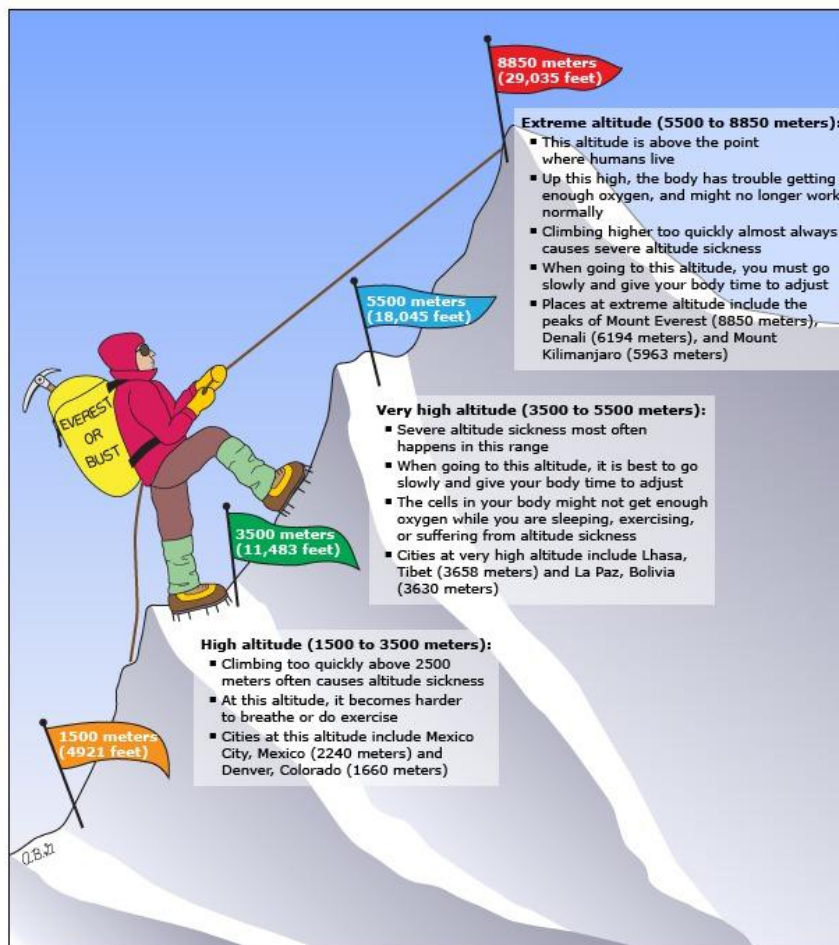


Acclimatization to Colorado Springs

As altitude increases, the concentration of oxygen in the atmosphere remains the same but the number of oxygen molecules per breath is reduced. In order to properly oxygenate the body, your breathing rate – even at rest – has to increase. This extra ventilation increases the oxygen content in the blood, but not to sea level concentrations. Since the amount of oxygen required for activity is the same, the body must adjust to having less oxygen.

What is high-altitude illness?

Traveling to high altitudes can sometimes cause health problems (see below picture). This group of problems is called "high-altitude illness." Some people use the term "altitude sickness." This can happen if you live at a low altitude and go to the mountains or a city that is at high altitude (for example, Mexico City or Colorado).



Adapted from UpToDate, 2025.



The 3 main types of high-altitude illness are:

- **Acute mountain sickness** – This is the most common type. It causes symptoms like those caused by an alcohol hangover.
- **High-altitude cerebral edema ("HACE")** – This is a less common but more serious form of high-altitude illness. It involves swelling of the brain.
- **High-altitude pulmonary edema ("HAPE")** – This is also a less common but more serious form of high-altitude illness. It involves fluid buildup in the lungs.

Symptoms usually start about 12 hours of arriving at high altitude.

Some symptoms of altitude sickness include:

- Headache
- Shortness of breath
- Fatigue
- Dry throat
- Increased urination
- Awakening frequently at night

While Team Marine Corps (TMC) may be able to avoid altitude sickness, at 6000ft there are a few important things to be aware of. You are going to be more dehydrated at a high altitude than at sea level. You exhale and perspire more at high altitude where the air humidity is lower, causing you to lose up to a quart more of water per day than you normally would.

Some actions which Team Marine Corps should take while at Colorado Springs:

- Limit alcohol intake. Alcohol binds oxygen and water and robs your body of these two important nutrients.
- Drink more water. The air is drier and your body will dehydrate much more quickly. The higher up you go, the more water you should drink.

Anemia (low red blood cell levels) does affect exercise performance at altitude, but there is no evidence that it increases susceptibility to altitude illnesses. Women with regular menstrual cycles are more prone to lower iron levels and anemia. Red blood cell production increases around the third week at altitude and improves oxygen carrying capability of the blood. This response maybe impaired if iron stores are low.

Reference: **This topic retrieved from UpToDate on:** May 30, 2025.

Disclaimer: This generalized information is a limited summary of diagnosis, treatment, and/or medication information. It is not meant to be comprehensive and should be used as a tool to help the user understand and/or assess potential diagnostic and treatment options. It does NOT include all information about conditions, treatments, medications, side effects, or risks that may apply to a specific patient.



Key Events Schedule – Week 1

Date/Time	Event	Location
Friday, July 11 0800 - 1300	Athlete/Staff Arrival and Check-in	Hotel Polaris
Saturday, July 12 0930 – 1030 1200 – 1400	Welcome Brief Acclimation Event	Olympic Training Center
Sunday, July 13 0800 – 1600	Practices	Various
Monday, July 14 0800 – 1600 1230 – 1700	Practices Warrior Games Classifications	Various El Pomar Sports Center
Tuesday, July 15 0930 – 1100 0800 – 1600	Apparel Issue Practices	Cornerstone Art Center Various
Wednesday, July 16 0600 – 1000 0800 – 1600	Powerlifting Weigh ins Practices	Reid Arena Various
Thursday, July 17 0800 – 1600	Practices	Various
Friday, July 18 0800 – 1300 0800 – 1600 1700 - 2000	Powerlifting Competition Practices Kick-Off Dinner	Reid Arena Various Ed Robson Arena
Saturday, July 19 0700 – 1200 1430 - 2100 0800 – 1600	Cycling Competition Wheelchair Basketball Pool Play Practices	Cascade & Dale Street Ed Robson Arena Various
Sunday, July 20 0730 - 1230 0800 – 1600 1500 – 1630 1630 – 2010	Precision Air Competition Practices Wheelchair Basketball Semi-Finals Competition Wheelchair Basketball Finals Competition	Norris Penrose Arena Various Ed Robson Arena Ed Robson Arena
Monday, July 21 0730 – 1230 0800 – 1600 1530 – 1800	Precision Air Competition Practices Indoor Rowing Competition	Norris Penrose Arena Various Reid Arena



Key Events Schedule – Week 2

Date/Time	Event	Location
Tuesday, July 22		
0730 – 1230	Field Competition	Autrey Field
0800 – 1600	Practices	Various
1430 – 2100	Wheelchair Ruby Pool Play	Ed Robson Arena
Wednesday, July 23		
0700 – 1300	Track Competition	Garry Barry Stadium
0800 – 1600	Practices	Various
1400 – 1530	Wheelchair Rugby Semi-Finals Competition	Ed Robson Arena
1530 – 1910	Wheelchair Basketball Finals Competition	Ed Robson Arena
Thursday, July 24		
0730 – 1330	Archery Competition	Washburn Field
0800 – 1600	Practices	Various
1700 – 2100	Family Event	Flying W Ranch
Friday, July 25		
0730 – 1330	Archery Competition Finals	Washburn Field
0800 – 1600	Practices	Various
1400 – 2050	Sitting Volleyball Pool Play	Reid Arena
Saturday, July 26		
0630 – 1200	Swim Competition	Schlessman Natatorium
0800 – 1600	Practices	Various
1300 – 1630	Sitting Volleyball Finals	Reid Arena
1830 – 2130	Send Off Dinner	Warrior Games Plaza
Sunday, July 27		
	Athletes/families/staff depart	



Key Event Locations

Activity/Sport	Venue Assigned
Air Rifle/Pistol	Colorado College – Norris Penrose Indoor Arena
Basketball/Volleyball/Rugby	Colorado College – Ed Robson Arena
Swim	Schlessman Natatorium
Archery	Colorado College – Washburn Field
Field	Colorado College – Autrey Field
Track	Garry Berry Stadium
Cycling	Colorado College – Cascade & Dale Street
Rowing/Powerlifting	Colorado College – Reid Arena
Welcome Brief	Colorado College
Kick-Off	Ed Robson Arena
Family Welcome Event	Flying W Ranch
Send Off Dinner	Colorado College - Warrior Games Plaza
Chow Hall	Colorado College – Rastall Dining Hall
Billeting	Hotel Polaris

Chow Plan:

Breakfast, Lunch, Dinner @ Rastall Dining Hall, Colorado College with meal cards

Hotel options: Pamela's, The Aviator, Thunderbird Bar, Doolies, Backyard Bites, Quick Provisions

Services:

Groceries: Sprouts Farmers Market, King Scoopers, Walmart Grocery, Natural Grocers, Safeway

Laundry: Hotel \$2 per load; Arial Lavanderia \$3.25 a pound for drop off

Barbershop: Floyd's 99; Blackos Bar-bershop; Famous American Barber



Map chip

