HOUGHTON HIGHLANDER ADVENTURE PROGRAM
STUDENT INFORMATION
AND EQUIPMENT CHECKLIST

1. REGISTRATION: Application form and deposit, sent in by June 1. The class roster will be full upon receipt of 40 applications and deposits. The OFF-Campus Risk & Liability Form must be printed, carefully read, signed by you and a parent/guardian (if participant is under 21 years of age), and returned by USPS to: Karen Hotchkiss, Off-Campus Studies, Houghton College, Houghton, NY 14744

2. HEALTH FORM: You must return a completed Houghton College Health Form and a separate OFF-Campus Studies Form (for Highlander) by July 1. Send both forms to the Houghton College Health Center.

3. REQUIRED READING: Below is a list of your required reading materials. Two books are available for you to purchase from Amazon (see URL below), the other two are out of print and available in pdf format on the Highlander webpage. **These are password protected - please see passwords below.** If you need assistance obtaining your reading materials, please contact us.

BOOKS TO ORDER:
- Mans Search for Meaning by Viktor Frankl
  http://www.amazon.com/Mans-Search-Meaning-Viktor-Frankl/dp/080701429X/ref=sr_1_1?ie=UTF8&qid=1391616861&sr=8-1
- The Mark of a Christian by Frances Schaeffer
  http://www.amazon.com/Mark-Of-Christian-VFV Classics/dp/0830834079/ref=sr_1_1?ie=UTF8&qid=1391617002&sr=8-1

BOOKS AVAILABLE on PDF
@ http://www.houghton.edu/accepted/highlander-wilderness-adventure/highlander-texts/:
- Loneliness by Elizabeth Skoglund [Password Protected: HWAloneliness]
- What is a Real Person by JoAnne Fields [Password Protected: HWAperson]

These must be read before you arrive and should be brought to Houghton, along with your written (typed is preferred) answers (see attached REFLECTION QUESTIONS). *Written answers to questions regarding your pre-program readings will be collected and graded on the first day of the program.*

4. PERSONAL EQUIPMENT AND CLOTHING LIST: A minimum of personal clothing is necessary for the student who attends the Highlander Adventure Program. However, we do insist that the student furnish the following items:

- Light-weight sleeping bag- (rated to at least 20 degrees in stuff sack with plastic bag). *Sleeping bags may be rented from the College for $10.00. Please fill out a Sleeping Bag Request Form if you wish to rent one. (No cotton or down bags, please)
- 2- light-weight long-sleeved synthetic shirt (Under-Armor, or a similar wicking material)
- 1- long-sleeved wool sweater, warm vest and a hooded light-weight jacket, (you need to be able to stay warm/dry in 40 degree, wet weather)
- 2- pair of long pants, (light-weight, not tight fitting). No denim (denim absorbs moisture, does not dry easily, and does not insulate)
- 2- pair of athletic/hiking shorts
- 1-swimming suit (modest)
- 4- T-shirt- synthetic material is better than cotton (i.e. Under Amour, Clima Cool, etc.)
- 2- pair of wool socks
- 4- pair of nylon boot liners-(to be worn inside wool socks to wick away moisture)
- 1- pair light-weight hiking boots * well broken in, and waterproofed, before the trip- suggestions: Nike light weights, New Balance, Danner Lights, Hi Tech, Sierra Lites ** (Suggestion: Look at REI web site for information on choosing hiking boots).
- 1- bandanna
- 1- pair old sneakers (for running)
- 4- set underwear *(note: while wearing one pair another pair can be washed and dried)
- Toilet kit (small backpacker’s towel, shampoo, toothbrush, etc.)
— 1 - small flashlight with extra batteries and bulb (head lamps are recommended)
— 1 - small Bible (Old and New Testament)
— 1 - bug repellent
— 2 - pens
— Cap with visor (to protect face from sunlight)
— Wool cap and 1 pair of wool gloves
— 1 - large lightweight poncho, or rain gear (top and bottom)
— (Optional) Camera, and waterproof, protective case: (plastic bag, etc.)
— 6 - zip-lock plastic bag (1 gallon)
— 1 small folding pocket knife

Note: You may add to this list, but keep in mind that you will have to carry everything, plus group food, tent, and cooking utensils. Most Army Surplus, Goodwill, and Salvation Army stores sell second-hand wool clothing which is inexpensive and suitable. Other ideas: Sierra Trading Post, 5025 Campstool Rd., Cheyenne, Wyoming 82007-1802, phone: 1-800-713-4534. Also, try Sportsmansguide.com.

Do Not Bring: Cell phone, electronic devices, jewelry, make-up, watches

Please pack only one suitcase or duffle bag for the Highlander Adventure Program. It should be labeled clearly with your name and home address. On registration day you will bring your bags to the gym, transfer your belongings into a backpack and then leave for various locations. Your dorm keys and bags will be locked and stored at the gym until the program ends.

5. BOOTS AND FOOT CARE: A good quality hiking boot with good ankle and arch support will be necessary because part of the program includes wilderness backpacking. A heavy mountain boot is not needed. The boots should be purchased and worn as many days as possible ahead of time, so that they are “broken in” before arriving at Houghton. One of the best ways to “break boots in” is to wear them after they have been dampened (if leather). This will make them soft and pliable. You may also use a lanolin base dressing to soften the uppers. (Warm the boots and apply lanolin generously). Make sure that the boots are the proper size and will allow you to wear two pair of wool socks.

– Check out the following websites:
  • Sierra Trading Post: www.sierratradingpost.com
  • Sportsman’s Guide: www.sportsmansguide.com
  • REI: www.rei.com An excellent article: “Hiking Boots: How to Choose”

6. PRE-COURSE CONDITIONING PROGRAM: You will be participating in rock climbing, backpacking, canoeing, a 5 mile run, a solo experience, sleeping in tents or in lean-to’s, and ropes course work. In preparation for the course, we recommend that the following minimum conditioning program be carried out by each student for at least a three-week period prior to arrival at the Adventure Program.

1.) Run (pace: you should be barely able to carry on a conversation as you run) two miles each day, more if possible. Goal: 10-15 miles/week.
2.) Do push-ups and abdominal crunches daily (25-30)
3.) If you have weight issues (over weight or under-weight)… your over-all experience and the experience of your group members will improve dramatically by working to lose/gain extra pounds. Start your fitness program early. **Do NOT plan to lose weight on this program.

7. Health:
  Feet: Be sure that your boots fit properly. Take care of any in-grown toe nails, blisters, or
painful calluses.

**Dental**: If you have a potential dental problem, have it taken care of before arrival. You will be a long way from a dentist and an abscessed tooth can be miserable when on a wilderness trip.

**General health**: Make sure that you list any potentially serious health issues (physical or otherwise) on your Highlander Health form. If you feel that you have an issue that may not allow you to come on the program, feel free to contact us when you send in your application form. If dietary issues are a serious consideration, then please list those. **However, because of the nature of this program, we do not adjust our menus simply to accommodate food preferences.**

8. **TELEPHONE**: We discourage phone calls during the program. An important part of the course is the experience of isolation and seclusion. Furthermore, it is highly probable that participants will be in remote areas, where there is no cell phone service.

In Case of an EMERGENCY call:
- 585-567-8302 Bob Smalley’s home
- 585-567-9389 Bob Smalley’s Office (w/voice mail)
- 585-567-9333 Houghton College Security
- 585-567-3530 Houghton College Admissions