In a very short time the Highlander Adventure Program will be under way. Continue to condition yourself by jogging and exercising and be sure that your boots are well broken in and waterproofed before the program begins! If you have not purchased boots yet, we suggest the Nike: Cairn, REI: Rugged Walker, Hi Tech: Lady Nouveau or Sierra Lites. They are light weight and easy to break in. Boots and socks may be ordered from:

R.E.I. Inc.                                  Campmor
PO Box C-88125                             OR
Seattle, WA 98180-0125                    810 Rt. 17 North, PO Box 997-D
                                      Paramus, NJ 07653

*(See REI website for great educational videos on gear)

Also try:
- Sierra Trading Post: www.sierratradingpost.com
- Sportsman’s Guide: www.sportsmansguide.com
- REI: www.rei.com Article: “Hiking Boots: How to Choose”

Please remember - order boots 1-1½ size bigger than regular shoe.

Reflection questions you are to use with your books. Rap Sessions will be scheduled for Man's Search for Meaning. The other books and questions will provide background for couple and group discussions. Bring the books and notes with you. We will give you a folder to keep questions in. This folder will include your journal and will be collected and graded.

Please remember you need to bring your answers to these questions already printed – there will not be any print centers on campus available at that time.

Plan to register by 1:15pm (after lunch) on Monday, August 14, 2017 at the Houghton College Physical Education Center (Nielson Center). The dedication service is planned for 2:15 p.m. Early Arrival Forms must be completed and returned if you will be on campus on Sunday, August 13 (6-8pm)

Bob Smalley
Highlander Adventure Director