

**HOUGHTON HIGHLANDER ADVENTURE LITE – FOR ATHLETES**  
**COURSE INFORMATION SHEET**

*"For you shall go out with joy and be led forth with peace; the mountains and the hills shall break forth before you into singing, and all the trees of the field shall clap their hands." - Isaiah 55:1*

**1. COURSE DATES**

Registration Day - Saturday, August 13, 2022 at 1:00PM to Program End - Thursday, August 18, 2022.

**2. COST & PAYMENT**

The cost for each student is \$350.00. This includes food, housing, transportation, and the use of college camping equipment during the program. *\*Total cost of the program can be billed throughout the year as part of the Tuition Payment System rather than a one-time payment.* You must pay a \$50.00 (non-refundable after June 1, 2022) when you submit your application form. The remaining \$300.00 will be billed to your account.

**3. ARRIVAL TO CAMPUS**

Arrival to campus and entrance into dorm rooms may be no earlier than **Friday, August 12, between 6:00PM – 8:00PM or on Saturday, August 13, between 9:00am and 12:00pm.** *Plan to arrive on campus early enough to move your belongings into your rooms before registering for the program.*

Early arrival options are available for \$50 and need to be scheduled ahead. If you need a pick-up from either Rochester or Buffalo airports, bus, or train stations, please email [HighlanderAdventure@houghton.edu](mailto:HighlanderAdventure@houghton.edu).

**4. REGISTRATION DAY**

Registration will be held outdoors on the Houghton College Quad Center between 1:00 – 2:00PM on August 13, 2022. Bring all of the required forms, your Highlander clothing, books, written reflection question answers (***printed prior to arrival***) to registration. You will not be returning to your dorm rooms. The program begins immediately after the Student Invocation service has ended.

The Highlander staff recognizes that many parents may not be able to return to Houghton for the official first-year student dedication program, Wednesday, August 24th. A special service will be offered for Highlanders and their families. The service is scheduled to begin as soon as the Highlanders are registered and packed!

\*HIGHLANDER WILDERNESS ADVENTURE STUDENT INVOCATION & DEDICATION SERVICE will begin at 2:30PM on August 13, 2022.

**5. FORMS**

There are 3 forms to complete, sign, and return **by July 30, 2022** and can be found on the website

1. Highlander Wilderness Adventure Risk/Liability Form
2. Off-Campus Studies Health Form
3. Houghton College Confidential Medical Report

- Fill out and return **both** the **College Health Form, Off-Campus Program Health Form** (for **Highlander**), **PRIOR** to arrival. Return both forms to the College Health Center, **by July 30**. Please be aware that your acceptance into the program at this time is conditional based on the information included in this Health Form. Certain conditions and/or allergies could make it unwise and/or impossible for you to participate in this program. If a health concern is raised, we will contact you.

**6. HEALTH**

Highlander Wilderness Adventure is a physically demanding experience, designed to stretch you emotionally, mentally, and spiritually. Make sure that you list any current health concerns, issues (physical or otherwise), or

experiences, as well as your past history on the Highlander Health form. If you would like to discuss any questions or concerns that may impact your participation, feel free to contact me to discuss this.

**Dietary Accommodations:** We try to accommodate for food challenges or allergies. If dietary issues are a serious consideration, then please list those. \*\*However, because of the nature of this program, we can not adjust our menus to simply accommodate food preferences.

We recommend you specifically consider the following areas in order to prepare:

**Feet:** Sore or injured feet can greatly impact your experience. Please be sure that your boots fit properly and take care of any in-grown toe nails, blisters, or painful calluses prior to this experience.

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

## 7. **REQUIRED READINGS & REFLECTION QUESTIONS**

This course will require students to complete readings and reflection questions prior to arriving to Highlander Wilderness Adventure's registration day. *\*\*Readings and reflection questions will be provided to students after course applications are received.*

## 8. **PRE-COURSE CONDITIONING**

Highlander Wilderness Adventure is a physically demanding program. You will be participating in activities like the ropes course, rock climbing, backpacking, canoeing, a 5-mile run, a solo experience, and sleeping in tents or in lean-to's. Start your fitness program early as this will impact your personal and group experience. In preparation for the course, we recommend you follow the conditioning program for at least 1 month (4-weeks) prior to arrival:

- **Cardio:** 1-2 miles each day (you should be barely able to carry on a conversation as you run), more if possible. Goal: 10-15 miles/week.
- **Muscle-building:** 3 sets of 10-15 reps of each every day: push-ups / sit-ups / squats / lunges

## 9. **COURSE SCHEDULE**

During the program we will spend time in Houghton on the Initiatives Course and in upstate NY. A bus/vans will transport the group to areas where we will do a variety of activities. **Note:** *Participants are intentionally not told the daily schedule.* We will conclude the program in the morning on Thursday, August 18<sup>th</sup>.

## 10. **TECHNOLOGY POLICY**

Participants will not have access to their phones during the program. An important part of the course is the experience of isolation and seclusion. The program may be in remote areas, where there is no cell phone service. If parents or guardians need to reach their participants for any reason, please use the following numbers:

585-567-9333 Houghton College Safety & Security

## EQUIPMENT LIST

A minimum of personal clothing is necessary for the student who attends the Highlander Adventure Program. Participants will be provided with a 60-L backpack to hold personal and group items. It is important to have the following items to protect participants in a range of temperatures and environments. Please pack only one suitcase or duffle bag labeled clearly with your name. During registration, your items will be transferred to backpacks and bags or additional items such as dorm keys will be locked and stored at the gym until the program ends.

- \*\*Mid-weight Sleeping bag, NO COTTON OR DOWN and rated to at least 20-degrees in stuff sack with plastic bag.
- \*\*Sleeping pad, ensolite or self-inflating (i.e., thermarest, ridgerest)
- 1-pair hiking boots, light-weight, well broken in and waterproofed. Suggestions: Merrill, Keen hikers, Danner Lights, Hi-Tech, Sierra Lites. Check out website, <https://www.rei.com/learn/expert-advice/hiking-boots.html> for more information on choosing boots.
- 1- pair running shoes
- 1- Raingear – tops and bottoms or large poncho
- 3-4 T-shirts – synthetic material is better than cotton (i.e., Under Armour, Clima Cool, etc.)
- 1- light-weight long-sleeved non-cotton, synthetic shirt (i.e., Under Armour, EMS techwick, climacool)
- 1- mid-to-heavy weight wool sweater, fleece, or hooded jacket for temps down to 40-degrees
- 1-2- pair of long hiking pants, (light-weight, not tight fitting). NO JEANS OR COTTON PANTS
- 2- pair of athletic shorts
- 3- pair of synthetic mid-weight hiking socks (i.e., smartwool, wool, REI, techwick, etc.)
- 2-pair socks for running shoes
- 2- pair of nylon boot liners, optional (provides additional cushion & protection worn inside hiking socks)
- 4- sets underwear
- 1- swim suit (one-piece, tankinis, or shorts & a tanktop are allowed)
- 1- bandanna
- Baseball cap or visor (to protect face from sunlight)
- Woolly warm hat and 1 pair of non-cotton gloves
- 1- Toilet kit (small backpacker's towel, soap, toothbrush, travel size baby wipes)
- 1- Headlamp or small flashlight with extra batteries and bulb
- 1- small container of bug repellent
- 6- gallon zip-lock bags
- 2- large trash bags
- 1- small Bible (Old and New Testament)
- 2- pens
- Small camera with waterproof or protective case, *optional*
- 1 small folding pocket knife, *optional*

**NOT ALLOWED: cell phones, MP3 players or other electronic devices, jewelry, make-up, and/or watches**

**Note:** Most Goodwill and/or Salvation Army stores sell second-hand wool/fleece clothing which is inexpensive and suitable. You can also check for additional options at Sierra Trading Post, REI, EMS, Dick's Sporting Goods.

\*\* Sleeping bags and sleeping pads may be reserved and rented through EPIC Adventures for \$10 (payment due at registration). Email [epicadventures@houghton.edu](mailto:epicadventures@houghton.edu) to reserve your sleeping bag and/or sleeping pad.

## HIGHLANDER CHECKLIST

### Forms to Return:

### Date Due:

- |  |         |
|--|---------|
| <input type="checkbox"/> Off Campus Studies Health Form  | July 31 |
| <input type="checkbox"/> College Health Form   | July 31 |
| <input type="checkbox"/> Risk/Liability Form   | July 31 |
| <input type="checkbox"/> Sleeping Bag Rental – email <a href="mailto:epicadventures@houghton.edu">epicadventures@houghton.edu</a> <ul style="list-style-type: none"><li>○ \$10 rental fee – <i>checks made out to Houghton College</i></li></ul>                                       | July 31 |
| <input type="checkbox"/> Early Arrival Airport/Train/Bus Pick-up<br>email <a href="mailto:HighlanderAdventure@houghton.edu">HighlanderAdventure@houghton.edu</a> <ul style="list-style-type: none"><li>○ \$50 early arrival fee – <i>checks made out to Houghton College</i></li></ul> | July 31 |

### Other Reminders:

- |   |                         |
|---|-------------------------|
| <input type="checkbox"/> Start Pre-Course Conditioning Program                                  | <u>start</u> by July 13 |
| <input type="checkbox"/> Read Required Books & Readings   | August 13               |
| <input type="checkbox"/> Complete Reflection Question - <i>print and turn-in @ Registration</i> | August 13               |