Trip Overview
This GRAB trip will take you to the High Peaks of the Adirondacks, just outside of Lake Placid. The program is designed to spend one day learning to ice climb and two days of snowshoeing in the region’s winter environment. The ice climbing instruction is provided by Adirondacks Rock and River and the snowshoeing is guided by the GRAB staff. The group size for this trip is limited to 7 participants.

Cost $345.00 (trip includes the following):
Transportation via van to and from Gettysburg College; six nights of accommodations; three breakfasts, three lunches, four dinners; ice climbing guides for one day; snowshoes, plastic boots, ice axe, technical gear.

General Schedule of trip
January 11, Saturday: Arrive at Gettysburg College for evening meal, gear distribution and final equipment check.
January 12: Depart for ADK.
January 13-17: Snowshoeing, ice climbing, winter fun!
January 18, Saturday: Return to Gettysburg

Description of Activity
Ice Climbing—ascending vertical ice using ice axes and crampons. This activity is similar to rock climbing, but on ice formations.

Snowshoeing—hiking using footwear designed for movement on the snow. Most snowshoeing routes are not technical (meaning they do not require specific ice/snow equipment), the routes are traditional hiking routes usually covered with deep snow. The challenge associated with snowshoeing is typically the distances and weather conditions.

Preparation
Participants should be prepared for a physically challenging environment, which includes cold temperatures, natural hazards, and long days of movement. Everyone should exercise and maintain a healthy lifestyle in order to properly prepare for this trip.

Transportation
The trip departs from Gettysburg College on the morning of Sunday, January 12th at 6:00am. The drive time for the trip is approximately 8 hours.

Accommodations and Equipment
Students will need to arrive the afternoon prior to the departure. Residence Life will be notified of your early arrival and accommodations will be provided on campus; however, if you live on campus, you may not be able to access your room. While on the trip, the group will stay at Trout Landing, a four season cabin located in Wilmington, NY.

Meals
Most meals are provided on this trip. You will be responsible for breakfast and lunch driving to and from the Adirondacks (road meals). GRAB will provide breakfast, lunch and dinners while in the Adirondacks. Family style dinners will be made at Trout Landing. Lunches will consist of making sandwiches and packing snacks each morning. We encourage you to bring additional snacks, power bars, etc. for the trail.

Weather
Cold! Though you will be staying in warm accommodations at night, you will need to be prepared for cold temperatures in the low 20s-30s during the day and colder at night. While in the mountains it is important to know that for 1000ft of elevation gain, the temperatures drop 3-5 degrees, and once above tree line, the wind chill can have considerable effect on the temperature. The GRAB staff will review the equipment list and discuss these weather variables with you in detail, to ensure you are properly outfitted.
GRAB Staff Facilitators coordinating the Adirondacks trip:

Name      Jess Jozwik
Email      jozweje01

Name      Danny Williams
Email      willda14

Name      Dave Engel
Email      engeda01

Group Size: The trip consists of three staff members from the Office of Experiential Education and up to nine student participants.

Weather: The weather can be variable during this time of year, but it will be cold. It is extremely important that you follow the packing list and plan for extremes.

Communication & Emergencies: The region has cell service, but the connection may be undependable at times. The staff will carry a cell phone in the event of an emergency, but we will not completely rely on the service and the group needs to know they may be without communication at times while on this trip. We develop contingencies and have specific information for emergencies, and ask our participants to leave their phones off for the duration of the trip. An occasional text won’t cause problems, but this is a great opportunity to get away from technology and stress.

Health and Medical & Release of Liability: Each participant is asked to fill out a Health and Medical form for this trip. We request that you are truthful with your medical information and speak with your GRAB staff facilitator about any concerns or pre-existing conditions. In addition, we want to inform you that you will be asked to sign our indemnity form, and that you are aware that all Gettysburg College policies and procedures apply to this trip.

Medical Kit and Medicine: It is our top priority to mitigate risk on these experiences, but we need your assistance to inform us about your background, so we can properly prepare together. While in the field, we carry bandaging and wound care items, splinting and medicines such as aspirin, anti-diarrheal, epinephrine, Benadryl. We ask that you have your prescription medicine that you need on a daily/weekly basis, and that you transport it in its original container/bottle with your name and dosage. It is your responsibility to manage your own medication. For those with strong allergies, it is very important that you bring extra epinephrine or necessary medication in the event that yours is lost or broken.

Personal Equipment: GRAB provides the technical and backcountry equipment required for all of our programs. The equipment we use is of high quality and inspected prior to departure. It is your responsibility to pack your personal gear as noted on the equipment list provided by GRAB. Please consult the list and review any questions you may have with your GRAB facilitators. When selecting clothing for a GRAB trip, please keep these basic principles in mind:

• 100% cotton clothing such as jeans or sweatshirts are not advised. When cotton gets wet from either water or sweat it becomes very heavy and difficult to dry. This in turn increases the risk of hypothermia.

• Polypropylene is a synthetic material (polyester or silk) used as a base layer primarily to “wick” moisture away from the skin. There are many names to describe this material, such as Berigelane (EMS) or Capilene (Patagonia), but it is commonly referred to as “polypro”. All clothing items from base layers to socks to sweaters should be either synthetic or wool.
The following items are required for participating on the Backpacking trips. Items available from GRAB marked with *.

Gear should not be an impediment to your participation on this trip—if you have questions or concerns, please email your facilitators or stop by the GRAB office and we will help outfit you for this trip.

### Day Pack

You will want a 2300 cubic inch pack that can hold your food, extra layers, some group equipment and can fit snug on your body.

### Sturdy hiking boots*

GRAB will fit and provide you with plastic mountaineering boots for this trip.

### Snowshoes*

Provided by GRAB

### Underwear/Sports Bra

Whatever works, but you should have some.

### Heavy Wool/Synthetic Socks

4 pairs. NO Cotton socks! A medium to heavy weight for each day of hiking.

### Sock Liners

2-4 pairs. Used to reduce friction between the foot, boot, and heavier sock to reduce blisters.

### Synthetic Long-underwear top

1 mid-weight top used as base layer to begin wicking moisture away from your core.

### Synthetic Long-underwear bottom

1 mid-weight bottom used as base layer to begin wicking moisture away from legs.

### Mid weight Fleece/Wool Sweater

1 heavier weight top used for second layer of insulation.

### Heavy Fleece Jacket/Wool Sweater

1 the next layer in the insulation system

### Wind/Rain Jacket & Pants

1 to use as a vapor barrier and should be highly water resistant such as Gortex.

### Down/Insulated Jacket & Pants

1 heavy jacket used as a quick/effective layering system to maintain warmth while moving slow or in a stationary position.

### Gaiters*

1 to be used to keep snow out of boots which prevents socks from getting extremely wet and then freezing.

### Water bottles

Water bottles are essential, but avoid the water bladders with tubes. The bladders and tubes tend to freeze in extremely cold weather.

### Headlamp with batteries*

1 used for nighttime travel

### Trekking Poles*

1 set to assist balance while snowshoeing.

### Wool/Fleece Hat

Glove Liners (1 pair)

Mittens/Gloves water/wind resistant

### Glove shells

Sunglasses with tether

Ski goggles/glacier glasses

### Sun Hat (ie, baseball hat)

Thermos (optional for hot drinks)

Tupperware for lunch

### Camp chair/thermarest (optional)

Lip balm/Sunscreen

Pocket Knife

### Extra Contact Solution (if needed)

Extra Glasses (if needed)

Book/Camera/Film/Cards (optional)

### Feminine Products

Medication (if needed)

### Front country clothing: These items should include the clothing you wear to and from the Adirondacks while in the van, while in the lodge, and walking around Lake Placid. Remember that the temperatures will be cold, but you can use some of your hiking layers (jacket, down coat, hat, gloves, etc) as clothing options while traveling or touring. Remember your personal hygiene items and bed wear.