



Summer 2012

Additional Materials

The word 'Geneseo' is written in a blue, serif font. The letter 'G' is significantly larger than the other letters. A thin blue line underlines the letters 'e', 'n', 'e', 's', and 'e'.

Geneseo Adirondack Adventure Information Packet for 2012

Welcome! This packet contains important information about your participation in the Geneseo Adirondack Adventure. Enclosed, you'll find notes on the trip, clothing and equipment needs, and logistical details. Please read this information **thoroughly** before completing and returning the enclosed forms. If you have any questions, please contact the FYI program office by phone at 585-245-5500 or by e-mail at klein@geneseo.edu.

We are looking forward to sharing with you this exciting introduction to life in the Geneseo community!

A **Facebook** group has been formed so that students attending the program can meet and greet before attending. The group can be found: It is completely your choice to participate in the Facebook group, it is not necessary or required. The group is:



[FYI Adirondack Adventure 2012!](#)

I. Schedule of Events

Sunday: Arrive at Lake Placid Hostel between 3-5 pm; move in; meet others; orientation
Monday – Wednesday: Breakfast at hostel; pack daypacks; hit the trails or canoes, lunch on the trail, dinner back at the hostel, free time, journal writing, campfires, discussion
Thursday: Breakfast at hostel; departure by 10am

II. Forms and Information Sheets Which are Enclosed (you must return the forms that indicate they need to be printed)

Invoice - payment must be returned with packet (was mailed separately)
Personal & Medical Information Form – must be returned (pages 9/10)
SUNY Geneseo Waiver– must be returned (page 11)
Medical Information Release–must be returned (page 8)
Student Release of Liability – must be returned (page 12)
St. Regis Canoe Outfitters Release of Liability— must be returned (page 13)
Gear and Clothing Checklist – for your information
Tips on Clothing, Prescriptions, and Boots – for your information
Location/Directions – for your information
Course Description – for your information

Personal information form. This information will help us make your Geneseo Adirondack Adventure experience the best and safest that it can be. Information provided regarding medical conditions, insurance and emergency contacts will only be used if there is an emergency.

Medical information release form. The information on your Health Record is valuable to the leaders planning this trip but is kept confidential by the Health Center; we must have your written authorization to access this information.

Student release of liability. This trip involves some risk; indeed we believe that much of its value lies in the presence of some reasonable risks – the risks associated with embarking on a new experience with new people, and the risks associated with travel in remote areas. We will make every effort to inform you of the nature of these risks and to minimize the danger they pose to you. Please do not hesitate to contact us if you have any questions about the risks involved in the Geneseo Adirondack Adventure. Also, please know that due to the mountainous terrain and the remoteness of the region, you will be inaccessible to the outside. Cell phones and two-way radios do not work in the area.

Gear list. This list includes all the items you might consider bringing.

Adirondack Experience Program Syllabus

INTD 101

Instructor: Gary 'Griz Caudle, Adirondack Guide & SUNY Geneseo Instructor

Office: In the Wilderness **Office Hours:** by appointment

Telephone: (518) 359.3260 **Email:** caudle@geneseo.edu

Class Day(s): Sunday pm- Thursday am

Class Time: 9:00 am – 9:00 pm

Class Location: Adirondack Mountains

Required Readings:

Into the Wild*, Jon Krakauer , Anchor Books, New York, 1996
(read before program)

Nature & Walking*, Emerson & Thoreau, Beacon Press, Boston

Selected Readings by Muir, Thoreau, Emerson, 'famous' Adirondack Guides**

***Available at Amazon Books**

****Instructor will provide**

Course Description:

The First Year Institute **Adirondack Experience** will be a four-day experiential program in the Adirondack Mountains of New York State. We will canoe through pristine waters and explore islands located in the heart of the largest wilderness area East of the Mississippi River. Students will read selections from Emerson and Thoreau as they canoe and hike in the same wilderness as the great philosophers did in 1858. Discussions around the campfires will transcend the experiential to the very transcendentalist nature of the experience. As they enter their freshman year of college, they will have learned to work as a team and have started a journal that may indeed become a significant part of their future writings.

Each outdoor adventure activity will have a cognitive / physical / affective component with the students evaluating how the adventure would relate to more formalized educational milieus.

Learning Outcomes:

For all SUNY Geneseo Students:

- Apply content knowledge in educational settings.
- Demonstrate knowledge effectively using oral and written communication skills
- Select teaching and learning strategies to promote learning for all students.
- Apply theoretical understandings to enhance student learning.
- Use reflection, problem-solving and inquiry as modes of learning.
- Use resources available for professional growth.
- Use a variety of assessments to identify student strengths, promote student growth, and inform the instructional process.
- Make adjustments and revisions based on student needs and changing circumstance.
- Generate, access, organize and communicate information to manage instruction effectively.

Course Evaluation:

Each student will keep a journal of their experience, to be shared with the other participants each evening. A final reflection of the experience will be written in the journal after the program ends.

A five (5) page paper will be completed and turned in before the start of fall semester.

Topic:

How the Adirondack Experience course has challenged my thinking and how it might reflect on my college experience.

Location/Directions to the High Peaks Hostel

Lake Placid is located in northern New York State in the Adirondack Park, approximately 2.5 hours by car north of Albany, 2 hours west of Burlington, VT, 2 hours south of Montreal, and 6 hours east of Buffalo.

By car

From the south:

Take I-87 north toward Albany to the Keene/Keene Valley exit (exit #30). Turn left onto US-9 N/Route 73 N. Continue on Route 73 for approximately 30 miles (48 km) until you get to the village of Lake Placid. The hostel is on Route 73/Sentinel Road, just before the Four Seasons apartments. It's a two-storey, grey house on the right side of the road.

From the west:

Take Route 3 east until you get to Saranac Lake, NY. Route 3 merges into Route 86. Take Route 86 all the way into the village of Lake Placid, where it becomes Main St. Continue on Main St. through downtown until you come to the intersection of Route 73 and Route 86. Turn right onto Route 73, and continue approximately .5 mile (.8 km). The hostel will be on the left side of the road, just after the Four Seasons apartments.

From the north:

Take I-87 south towards Albany to exit 34, RT-9N Ausable Forks/Keeseville. Follow Route 9-N to Route 86. Continue on Route 86 to Wilmington, and continue left on Route 86 toward Lake Placid. Once you are in the village of Lake Placid, turn left at the intersection of Route 86 and Route 73. Continue another .5 mile (.8 km). The hostel will be on the left side of the road, just after the Four Seasons apartments.

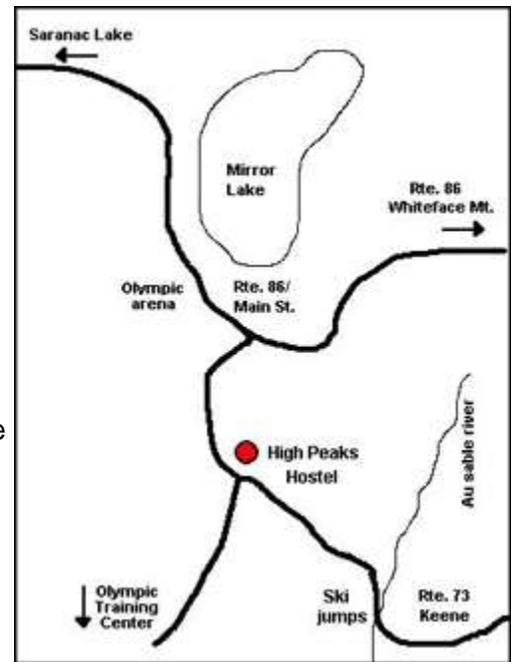
From the east:

If you are driving from Vermont and New Hampshire, you will need to cross Lake Champlain at the Crown Point bridge or the Essex/Charlotte [ferry](#). Pick up Rte. 9N and follow it to Elizabethtown. Continue through Elizabethtown to the intersection of Route 73. Turn right onto Route 73 toward Keene. Follow Route 73 into the village of Lake Placid. The hostel is on Route 73/Sentinel Road, just before the Four Seasons apartments on the right side of the road.

By bus

Adirondack Trailways provides service to and from Lake Placid. Visit www.escapemaker.com/adirondacktrailways or call 1-800-225-6815. The hostel is located .5 mile (.8km) away from the bus stop.

By train The nearest Amtrak station is in Westport, NY, which is 40 miles (64 km) from Lake Placid. Shuttle service is available at certain times of the year. For more information, call 1-800-888-8478 or visit www.amtrak.com.



Gear and Clothing Checklist

Use this form to keep as a record of equipment you need. This list includes optional items which many backpackers would not choose to take, but which might make your trip more enjoyable.

Consider the cost and weight of all items versus the convenience they afford. When in doubt, leave it out.

All linens, towels, sheets, etc. are provided by the hostel. Do not bring a sleeping bag.

The hostel has phones for free local calls and you can use a calling card for long distance calls. Many cell phones will NOT work in the area.

Italicized items are optional.

Packing:

- Daypack
- Pack Cover (or plastic trash bag) for rain protection
- Litter pick-up bag*

Clothing (You are responsible for providing all of your clothing)

- Good socks (that wick away moisture and provide cushioning. NOT COTTON!)
- Boots designed for long-distance hiking or backpacking, well broken in, with ankle protection and arch support, preferably water-proof.
- Fleece Jacket
- Underwear (under armor or other wicking fabric)
- Shorts, or long pants, especially for those sensitive to poison ivy and insect bites
- T-shirts (wicking material)
- Waterproof (NOT water-repellant) rain gear (can also be used for cold weather)
- Hat or cap
- Sunglasses (with croakie or strap)
- Bathing suit (s) (A MUST)
- Bandana*
- Sandals or other light weight footgear, for stream crossings (**not flip flops**)*
- Liner socks for the blister-prone*

Food and Money:

- Food will be provided, but you should bring any special snacks and beverages you want for the trail (e.g. PowerBars, granola bars, gorp, dried fruit).
- You should also bring cash for incidentals during the trip

Assorted Gear:

- Bug repellent
- Sunscreen (A MUST)
- Notepad and pen or pencil
- Journal
- Required Texts "Nature & Walking" and "Into The Wild"
- Water Bottle
- Baby wipes or rubbing alcohol for washing/refreshing hands, face and feet*
- Duct tape or other repair goodies such as safety pins*
- Walking stick/ trekking pole*
- Towel*
- Binoculars*
- Camera*
- Reading material, cards, other entertainment*

Tips on Clothing, Prescriptions, and Boots

You are responsible for providing all of your clothing and personal items for this trip. As you choose which items to bring, here are a few points to keep in mind:

- Avoid garments that might chafe or bind, especially under pack straps.
- Avoid clothing composed of primarily cotton. Cotton absorbs liquid, and is therefore apt to stay wet against your skin. For underwear, this can lead to irritated skin; in outer garments, it can lead to loss of body heat, which may be good in extreme heat but is life-threatening if the weather turns cold (below 50). If you choose cotton outerwear, be sure that you have dry non-cotton clothing to change into if the temperature drops.
- Although we are unlikely to experience extremely cold weather, exposure to the elements can pose a serious health risk even in 50-degree temperatures, so it is best to choose clothing that will help you maintain body heat in bad weather. Synthetic pile garments and wool garments make good insulating layers because they trap heat even when wet. They will be most effective as intermediate layers, combined with an inner layer of moisture-wicking underwear and an outer shell that is wind and waterproof.
- Boots are the key part of a backcountry traveler's inventory. Boots cushion your feet and protect your ankles and arches as you travel over rough ground. Clearly, you should select boots that provide full ankle and arch support, but you should also be sure that you are *comfortable* in these boots! Keep in mind that your feet may swell as much as a full size over the course of a day's hike so be sure to bring boots that are big enough (without being so big they let your foot slide around on up and downhill treks). If you have questions about boot selection, please contact us or visit a good outdoor recreation store in your area.
- Our trip will involve small stream crossings, and extra footwear can be very nice for the crossing – both to keep your socks and boots dry, and to give your feet an invigorating dip in the water. DO NOT bring flip-flops – they are likely to slip off in the stream crossings.
- If there are medications that you *must* take regularly, please bring twice as much as you should need on the trip, divided evenly into two waterproof containers. When you arrive, please give one of the containers to your group leader, ensuring that you will not miss any scheduled dose due to mishap.
- If you wear prescription glasses or contact lenses, you should definitely pack a backup pair of glasses, preferably with a safety strap.
- One last piece of advice – WATERPROOF YOUR BOOTS! We will all encounter multiple stream crossings, and if your boots are not waterproof, they will get soaked.
- **When in doubt, leave it out. Do not over-pack.** There is coin operated laundry on site, if needed.

SUNY Geneseo Adirondack Adventure Medical Information Release and Consent Form

I hereby authorize SUNY Geneseo's Health Center to release information in my medical file to Gary Caudle, Instructor, on behalf of the SUNY Geneseo Adirondack Adventure committee. I understand that the committee and SUNY Geneseo Adirondack Adventure staff may use this information in planning the program but will not be shared with any other persons without my written consent.

Additionally, I hereby consent to any emergency treatment, anesthesia, evacuation, and/or operation that might become necessary while I am a participant in the SUNY Geneseo Adirondack Adventure program.

I understand that the activities associated with this program may be mentally and physically strenuous, and will take place in remote wilderness areas far removed from medical facilities.

Print Name

Signature of Participant

Date _____

Address

Signature of Parent/Guardian
(if student is under age)

Date _____

**Please print and return.
Please make sure your information is sent by June 29, 2012**

SUNY Geneseo Adirondack Adventure
Personal & Medical Information

Full Name _____

Preferred name/nickname _____

Email Address _____

Home Address _____

Home phone number _____

Daytime phone number (if different from home #) _____

Date of Birth _____

In case you need emergency medical treatment while on this trip, the following Health Insurance information will be very useful to us:

Health Insurance company name

Company phone number

Company address

Group number

Policy number

Do you have any allergies to medication or foods? Please list:

Do you have any medical conditions that we should know about as you participate in this program?

Are you currently taking any medications? If so, please list:
In the event of an emergency, who should we contact?

We hope to select traveling groups made up of both experienced and novice backpackers. Please briefly describe your hiking, backpacking, and other relevant outdoor recreation experience.

Please indicate any special dietary requirements that you have (vegan, vegetarian, wheat-free diet, food allergies, etc.)

Student: Please make certain you have completed and returned your entire medical history form to the Lauderdale Health Center. This form would have been mailed separately to you from the Health Center and is required to be on file for you to commence your studies at Geneseo.

Please print and return.
Please make sure to return this form by June 29, 2012

SUNY Geneseo Standard Student Release Form

Whereas, the undersigned, _____, hereafter called 'Student' desires to have the privileges of participation in the Adirondack Adventure.

Therefore, it is agreed as follows: That in consideration of SUNY Geneseo, Geneseo, NY allowing, subject to its rules and regulations, _____ (student name), the undersigned on behalf of themselves and guardian or parent, if under 18, do hereby voluntarily assume all risks of accident or damage to the person or property of the student participating in said project and do hereby release and discharge SUNY Geneseo, and its agents from every claim, liability or demand of any kind however caused for or on account of the personal injury or damage of any sustained by said student while participating in said project.

The student further promises to indemnify and forever save harmless SUNY Geneseo or its agents from every claim, liability or demand of any kind however caused, for or on account of the personal injury or damage of any kind sustained by said student, if enrolled in said project.

In the event of an accident, the student's medical coverage, either personal coverage or the student medical insurance plan, shall respond. Additionally, if a claim is made of a personal liability nature, personal homeowners and/or renter's insurance should respond.

It is expressly understood that if said student is permitted to participate in said project that such participation is subject to the rules and regulations of SUNY Geneseo and that said student is subject to the controls exercised by the professors of persons in charge of said project.

Dated this _____ day of _____, 2012.

Student Signature

Parent/Guardian Signature (If student is under 18)

In case of emergency, illness requiring an operation, or if the parents cannot be quickly reached, will you leave the decision to the physician and the university officials in charge?

Yes _____

No _____

If answer is no, please explain on the bottom or reverse of form.

Parents can be reached at the following telephone numbers:

Parent/Guardian Name(s) _____

Home Phone _____ Home Phone _____

Business Phone _____ Business Phone _____

Other close relative Name _____

Phone _____

STUDENTS UNDER 18 YEARS OF AGE MUST HAVE PARENT/GUARDIAN SIGNATURE.

Please print and return.

Please make sure your information is sent by June 29, 2012

**SUNY GENESEO WAIVER
NO ALCOHOL OR DRUGS
CONFISCATION OF VEHICLE KEYS**

I _____ will abide by the following for the duration of the Geneseo Adirondack Adventure Program:

- _____ To turn over my vehicle keys to the activities coordinator
- _____ I will not ask for my vehicle keys unless there is an emergency
- _____ I will refrain from any use of alcohol and or drugs
- _____ I understand that I am a Geneseo student and I will abide by the SUNY Geneseo Code of Conduct.

If I am found to be in violation of any of the above, I understand that my parents will be contacted and I will be sent home immediately and there will be no refund for any part of the program.

Signature

Date

Program Cost Information

The fee for Geneseo Adirondack Adventure is \$575.00 which includes the backpacking trip, meals, housing, and the use of any required equipment provided to you. Full payment for the program (\$525.00 after the \$50.00 deposit) is due on June 29, 2012.

SUNY's tuition refund policy states that you may not receive a refund of the college fee and tuition from the first day of the session onward but are entitled to a full refund if they withdraw prior to the first day. The tuition and fee portion of the program is \$207.00.

Other possible costs may include additional meals and snacks you might wish to buy during the trip and any shopping you may want to do in Lake Placid.

Please send a check payable to *SUNY Geneseo* to:

SUNY Geneseo
Campus Scheduling and Special Events
Erwin 105A
Geneseo, NY 14454

**Please print and return.
Please make sure your information is sent by June 29, 2012**

RELEASE OF LIABILITY -- READ BEFORE SIGNING

In consideration of being allowed to participate in any way in the St. Regis Canoe Outfitters, Inc. program or programs, it's related events, and activities,

I _____ (print your name), the undersigned, acknowledge, appreciate and agree that:

1. The risk of injury from the activities involved in this program is significant, including the potential for permanent paralysis and death, and while particular skill, equipment, and personal discipline may reduce this risk, the risk of serious injury does exist; and
2. I KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES or others, and assume full responsibility for my participation; and
3. I willingly agree to comply with the stated and customary terms and conditions for participation. If, however, I observe any unusual significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the company immediately; and,
4. I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE, INDEMNIFY, AND HOLD HARMLESS ST. REGIS CANOE OUTFITTERS, INC, their officers, officials, agents, and/or employees, other participants, sponsoring agencies, sponsors, advertisers, and if applicable, owners and lessors of premises used for the activity ("Releasees"), WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH, or loss or damage to person or property associated with my presence or participation, WHETHER ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE, to the fullest extent permitted by law.

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND IT'S TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

X _____ Age: _____ Date signed _____
(PARTICIPANT'S SIGNATURE)

FOR PARENTS / GUARDIANS OF PARTICIPANTS OF MINORITY AGE
(UNDER AGE 18 AT TIME OF REGISTRATION)

This is to certify that I, as parent or guardian with legal responsibility for this participant, do consent and agree to his / her release as provided above of all the Releasees, and, for myself, my child and our heirs, assigns, and next of kin, I release and agree to indemnify and hold harmless the Releasees from any and all liabilities incident to my minor child's involvement or participation in these programs as provided above, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES, to the fullest extent permitted by law.

X _____ Date signed: _____
(PARENT / GUARDIAN'S SIGNATURE) (print name)

Please print and return.
Please make sure your information is sent by June 29, 2012