



HMI Summer Programs Pre-Course Information

We are very much looking forward to welcoming you to Leadville this summer! This document explains important information about some things to take care of before the course begins. If you have questions or concerns, please feel free to contact Libbey Holewski, Director of Programs, at 719-486-8200 x107.

- () Carefully read through all of the paperwork (posted on the HMI website- <https://www.hminet.org/programs/high-peaks-adventure-2/for-enrolled-students/>)
- () Within two weeks of receipt, complete and return your Enrollment Agreement, General Medical History and Information Form, along with your deposit
- () Consider purchasing trip insurance
- () Make travel plans
- () Make a doctor's appointment as needed (note: Physical Exam must have been completed within 12 months of the **start** of the High Peaks Adventure)
- () Complete the remaining forms and return them to HMI (see below)
- () Review the equipment list and make a list of items that you need
- () Shop for gear (please review the equipment information carefully)
- () Start exercising! (see pre-course fitness information)

PAPERWORK FOR THE HIGH PEAKS ADVENTURE

All paperwork that needs to be completed and returned is posted on the HMI website. All paperwork should be sent to Libbey Holewski at the High Mountain Institute. We appreciate receiving your paperwork as soon as possible.

The following must be received within two weeks of receipt of your acceptance packet:

- () Enrollment Agreement
- () General Medical History and Information Form
- () Deposit payment (see Enrollment Agreement for this amount)

All of the following must be received by April 15, 2018:

Please note: If you are accepted after April 15, your full tuition payment is due along with your Enrollment Agreement and all paperwork is due as soon as possible thereafter (preferably within 3 weeks of receipt):

- () Acknowledgment and Assumption of Risks & Release and Indemnity Agreement
- () Contact Information Form
- () Travel Information Form
- () Health Insurance Information Form
- () Swimming Questionnaire
- () Arkansas River Tours Rafting Release
- () Noah's Ark Adventure Ropes Course (online waiver)
- () Student account deposit check (see Enrollment Agreement for this amount) – *This will cover any rental equipment and school store charges. Any unused funds will be refunded to you.*
- () Final tuition payment (see Enrollment Agreement for this amount)



General HMI Information

MAIL & SHIPPING

You can send mail and packages throughout the High Peaks Adventure to:

Your Child's Name c/o HMI
531 County Road 5A
Leadville, CO 80461

PHONE CALLS & EMAIL

Students will call home when they first arrive in Denver for the start of their trip to let their parents know they arrived. While students are on campus, although there are computers and phones available, we encourage students to write postcards or letters to their friends and family instead. While students are in the backcountry, they will be able to receive and send out mail when we resupply their group (typically half way through the backpacking trip). Approximately once a week, we'll also send an email home to parents to give them a quick update on how the trip is going.

If parents would like to contact their child while they're on campus, please call (719) 486-8200 ext 0. A good time to call is right after dinner, between 6:30-7:00 pm MST. If students would like to call their parents while they're on campus, they will need to bring a phone card with them (or purchase one from HMI's bookstore).

ELECTRONICS

Students are welcome to bring an iPod, MP3 player, or cell phone for use while they are traveling to/from the High Mountain Institute. However, once the program has started the instructors will collect all student cell phones and any other internet connected devices (for e.g. iPod Touches, Kindle Fires and other similar items that store movies, video games, and allow for texting functions) for safe keeping for the duration of the program. This includes smart phones, **so please do not plan on using your smart phone as your camera.** Students are welcome to continue to use their iPod or MP3 player (as long as it does not connect to the internet) at night in the cabins but we ask that students do not use them during the day on campus or take them with them into the backcountry. We place great emphasis on building a strong cohesive community and have found that the use of electronics detracts from our ability to "be present."





Arrival & Departure

ARRIVAL INFORMATION

ARRIVAL DAY FOR THE HIGH PEAKS ADVENTURE

You should plan to arrive on **Sunday, June 24, 2018**

DRIVING

If you choose to drive or be dropped off by your parents, please call us for directions and approximate driving times. You should plan to arrive at HMI sometime between **12 noon and 5 PM**.

FLYING

If you choose to fly, we will be glad to meet you at the **Denver International Airport (DEN)**. We will be meeting flights between **10 AM and 2 PM** on your arrival day. We highly encourage students to purchase direct flights, if possible, as this minimizes the risk of travel delays. At approximately 2 PM the HMI van will depart for Leadville.

If you cannot arrive at Denver International between 10 AM and 2 PM on your arrival day, please call HMI to discuss. You may need to arrange for ground transportation to HMI.

“Unaccompanied Minors”

Every airline has different guidelines on who is required to (and who can choose to) travel as an unaccompanied minor. **Additionally, certain airlines charge extra fees for unaccompanied minors. We recommend that parent/s clarify these guidelines with the individual airline prior to purchasing tickets.**

Meeting students traveling as “Unaccompanied Minors”

We will be happy to meet High Peaks Adventure students traveling as unaccompanied minors at their gate at Denver International Airport. In order to facilitate this, it is necessary for parents to give the airline the name of the HMI staff member who will be meeting flights. Staff going to the airport will be finalized by June 1. Please call after this date for the specific name(s) you should give the airline.

Meeting students not traveling as “Unaccompanied Minors”

The Denver International Airport consists of three separate concourses and the main terminal. All concourses are serviced by an easy-access, underground rail system that takes passengers from their arriving concourse to the terminal. The train is free and departs every 2 minutes. The train trip from the furthest concourse (Concourse C) to the terminal takes approximately 5 minutes.

When you get off the plane, **follow signs to the train that will take you to the Main Terminal and Baggage Claim**. Exit the train at the terminal, and take the escalator up one flight to the atrium of the terminal. This is the Ground Transportation and Baggage Claim level. Your instructors will be waiting for you at the top of the escalator and will be carrying an HMI sign. From there, we will check you in and help you gather your baggage (please meet us **before** looking for your luggage). Once the final flights arrive, we will board our van for the 2 ½ hour drive to the HMI campus.



IMPORTANT INFORMATION TO HAVE WITH YOU

You will want to carry a calling card number or a cell phone and a few telephone numbers with you on the day you travel. If you are having trouble finding HMI instructors, please call the High Mountain Institute office first before trying anything else.

High Mountain Institute office	719-486-8200
Denver International Airport Information	303-342-2000
Denver International Airport paging	303-342-2300

DEPARTURE INFORMATION

DEPARTURE DAY FOR THE HIGH PEAKS ADVENTURE

Your departure day is **Saturday, July 7, 2018**

Driving

If you choose to be picked up by your parents, please have them arrive at HMI sometime between **9 AM and 12 PM**. Please have your parents call HMI with an approximate pick-up time by the end of the day on the day before your departure day.

FLYING

If you choose to fly, we will be glad to take you back to the **Denver International Airport (DEN)**. We will be departing in time for flights leaving **after 11:30 AM** on your departure day. Please schedule your departing flight to depart between **11:30 AM and 4:00 PM**. If this is not possible, please call to discuss. We highly encourage students to purchase direct flights home as this minimizes the potential for travel delays.

Dropping off students traveling as “Unaccompanied Minors”

As on arrival day, we will be happy to accompany unaccompanied minors to their gate on departure day. In order to facilitate this, it is necessary for parents to give the airline the name of the HMI staff member who will be dropping students off. Staff going to the airport will be finalized by June 1. Please call after this date for the specific name(s) you should give the airline.

Dropping off students not traveling as “Unaccompanied Minors”

We will make sure students who are not traveling as unaccompanied minors get through security in time to get to their gate.

Spending Money

SPENDING MONEY

In addition to your student account, you will want to have some spending money available for these expenses:

- Snacks at the airport or when visiting the town of Leadville
- Money while traveling to and from Colorado
- Airline Baggage Charges (we encourage you to pay for these in advance)
- Souvenirs





Medications

NON-PRESCRIPTION MEDICATIONS

Please do not bring non-prescription medications. In order to monitor your health, we need to have our faculty administer all medications. We have a full medicine cabinet here, and are happy to provide students with Tylenol, cold medication, Pepto-Bismol, and similar over-the-counter medications as needed.

PRESCRIPTION MEDICATIONS

Please bring enough of your prescription medication(s) to last the whole time. If this is not possible, please call us to discuss. Our faculty will collect all prescription medications upon arrival and administer at the appropriate times.

Please do not begin new prescription medications just before the High Peaks Adventure. It can be difficult for people to judge whether or not they are experiencing side effects from new medications while they are in a new environment (especially one as taxing as ours). Therefore, our physician-advisor strongly recommends that students **not** begin new medications just prior to the beginning of the High Peaks Adventure or while the program is in session. If it is important for you to do so, please contact us as soon as possible so that we can discuss.

Pre-Course Physical Fitness

The High Peaks Adventure does not require any previous backcountry experience. However, **it is strongly recommended that you arrive at HMI in good physical condition.** Shortly after students arrive, we head out on our backpacking expedition.

The vast majority of injuries that happen are direct results of individuals not being in good physical condition. The likelihood of sprains and strains is dramatically increased by poor fitness. In addition, the HMI campus is at 10,000 feet above sea level. Poor physical fitness increases the chance that an individual will experience the deleterious effects of high altitude. Again, we get started right away in the backcountry, and good basic fitness can decrease the likelihood of injury and assist in acclimatization.

In preparation for this, we recommend that you work on your cardiopulmonary fitness and hiking/walking strength before you arrive at HMI, particularly if you are not already exercising regularly. The ideal is to go for fast paced hikes on trails carrying a daypack (with lots of water!) 2-3 times per week for 30-45 minutes. If trails are unavailable near your home, use a combination of roads and athletic fields. This is also an excellent way to break in your hiking boots! In addition, we recommend you complement your hiking/walking work-outs with either jogging, biking, or other cross-training 2 times per week in order to prepare yourself adequately for the program. We recommend starting to prepare yourself physically for your trip now (or at least six-weeks before the program starts).

Our expectations of physical fitness are not intended to scare you. We simply want you to know that a little physical training before your arrival will greatly increase your enjoyment of our backpacking expedition. It is much easier to enjoy the view or study the map carefully if you are not gasping for breath. If you have questions or would like assistance creating a training plan, please call us anytime at 719-486-8200 x107.

See you this summer!

