

IMPORTANT TRIP INFORMATION

Parents Always Welcome - Parents **with children** are not only welcomed but encouraged to join us on any day their schedule permits. In fact, the program has always succeeded with thanks entirely due those parents who have generously given their time to lead hikes and to drive to start and end points. However, to retain the focus on our purpose, namely the benefit of area youth, we must **discourage participation by adults other than LPOC Parent Leaders and parents with children**.

Joining Trips - Unless otherwise noted, all trips leave as scheduled from the Lake Placid Elementary School parking lot. There is normally no cost for trips, but **completed Registration/Health Forms are required** and must be current for that year. All 3rd-grade graduates and older are welcome. Younger siblings are also welcome with parents accompanying them. **No pets please**. See sign-up procedures at top of schedule page one.

Two-sided Registration Form (attached) - We will, of course, attempt to contact the parents at the phone numbers provided on the form as soon as possible in the event of any injury. If you cannot be reached, however, this form could make the difference between a quick trip for a few stitches and a long wait. Therefore, please fill out **one form for each child** and make sure that we have one on file **for the current year**.

Health Problems - Parents should inform trip leaders of any health problems such as allergies, abnormal reactions to bee stings, weak knees, or the need to take medicine. Trips go out with a standard first-aid kit.

Transportation - The program must rely on the generosity of parents and other adult drivers for transportation. Don't let the loyal few unfairly bear the burden. Because **trip end times are only estimates**, it has worked best for all when parents on the trip have been willing to drive Lake Placid students home at trip's end. Wilmington students have usually then called home from a friend's house. This prevents having parents waiting at LPES for a late-returning trip.

Equipment Needed - Each participant must have good hiking shoes, wool or synthetic (NOT COTTON) sweater or jacket, rain gear, filled water bottle (1 to 1½ qts. for "C", 1½ to 2 for "B", and 2 to 3 for "A" & "AA" trips), insect repellent, sunscreen, lunch, day pack, flashlight. **Headlamps or lightweight flashlights (with extra batteries) are required for "A" & "AA" trips**. Parents should accept the possibility of a bivouac on "AA" trips; hence clothes and food packed sufficient to spend the night. Type III PFDs required for paddling trips. Each participant must have all items no matter what the weather. No special gear beyond the above required for rock climbing; all safety gear supplied by LPOC, High Peaks Mountain Adventures Guide Service, and/or Northwood School.*

No electronics - If hikers' only cameras are their cell phones, at leader's discretion, they may carry them in the off position and use them for photos only. Parents at home need to understand that **trip groups are not available for contact**. Although unreliable in the mountains, leaders may be carrying a cell phone for possible emergency use, but they will be **in the off position** to conserve battery strength; constant roaming can otherwise drain batteries

Trip Difficulty - Each trip is rated as to difficulty to allow those unfamiliar with the area to judge a trip's difficulty and to provide a framework for advancement for younger hikers. Those not sure of their abilities should try an easier trip first.

"AA" - full day, 10+ hours of hiking or outings covering 16 or more miles (often need equivalent of 2-3 meals)
"A" - for experienced hikers; distances covered range from 8 - 20 miles *(“A” & “AA” trips often finish in dark)
"B" - generally 4 - 8 miles in length; for those seeking a slower pace and less challenging objectives
"C" - generally intended as gentler introductions at the beginning of the season or for younger trippers

*Some commonly asked questions about kids and climbing are answered by Mr. Don Mellor, respected professional climbing guide and many years the mainstay of LPOC's technical climbing program:

How young can rock climbers be; what if my child gets spooked? "Some unusual 8 year-olds have had fun, but most haven't developed enough coordination. Most 12 year-olds do fine. If your child feels intimidated, no problem. Kids do what they can, then if they choose, they can sit back and be supportive spectators."

Is rock climbing dangerous? "Yes. We try hard to be careful, but we don't have control of your kids or nature. Most North Country outdoor families have a good idea about the relative risks and merits of adventure; rock climbing places closely with canoeing or road biking for risk statistics. Gear doesn't fail – people do. We will drill kids in safe techniques and we won't tolerate silliness or disobedience."

PLEASE COMPLETE AND RETURN THIS PAGE

Additional Information – Mr. Don McMullen, 523-2754, Mr. Don Mellor, 523-0014