



CAMPER PACKING LIST

You cannot check in without the following:

- Completed Camp Documents - via the EchoSign electronic signature process and other documents as detailed on the Camp Documents page of our website, some parental signatures required.
- USOTC ID Card (credentials) - obtained while attending a prior High Peaks Elite Camp. If this is your first time at our Camp, you will receive your ID card while attending. Replacement ID Cards are available for a fee.

Essentials to pack:

- Day backpack for mountain hikes (avoid string backpacks—they cut into the back.)
- Water bottles (bring several large 32 oz water bottles)
- Two pairs of running shoes, minimum (one can be an old pair)
- Plenty of socks, change of clothes (there are two runs on some days)
- Rain outfit or poncho (it rains and/or snows in the mountains, even in summer)
- Sweat tops and bottoms, nylon and/or wind jacket and pants
- Hiking boots with a vibram-type bottom (or hard soled), or trail shoes, are a **NECESSITY** for the climbs
- Alarm clock
- Spending money for shopping/sightseeing in Lake Placid – completely optional.
- Pens, pencils, several permanent magic markers; we will give you a 3-ring binder for note taking.
- A sack of old newspapers to stuff in and help dry out your wet boots.
- Sun block or sun screen and sun glasses – the glare off snow can cause sun burn even in April.
- Laundry detergent – the facility has laundry facilities for your use.
- The USOTC provides all your bedding, wash cloths and towels. A maid cleans daily.
- If you have a lap top computer, bring it with you. There are a limited number of computers at the USOTC.

Additional April Camp essentials:

- **Wool items are best for gloves**, hats, tights, or long underwear. Otherwise, synthetic polypropylene or wicking material is recommended.
- **Non-cotton items** for pants, shirts, sweaters, hats and gloves are excellent on trail. When it gets wet, cotton stays wet! Do not plan to hike with jeans or with cotton sweat shirts; the DEC park rangers will “scold” you on trail if they see those “cotton clothes” on you! Technical shirts are great to wear on the hikes or runs for safety.

Note about our weather:

A variety of conditions will exist at each camp, plan for the worst conditions. Keeping warm and dry is of utmost importance. Hiking boots and proper hiking gear are key items to have in your possession, please do not attend camp without the essentials we have listed.

During April camp, we have had rain with some flurries and plenty of snow at the higher elevations! By the weekend, the temperatures hit the 80s at the summit of Giant Mountain, a 4600 foot peak. One summer camp, we had the lowest recorded temperature (34 degrees in the am) in the continental US for that day - and went swimming in Mirror Lake the next day!