



13380 430th St. • Plano, IA • 52581-8524

## ROCKY HIGH ADVENTURE CAMP

### CAMP APPANOOSE PRE-CAMP CONDITIONING PROGRAM

**If you don't do this, you will wish you had!!**

Our emphasis at Camp Appanoose - High Adventure Camp is on having fun and being challenged. People need to be stretched in order to grow. The rugged terrain and high altitude of the Rocky Mountains make wilderness travel an even tougher challenge for those who are in poor physical shape. Therefore, we highly recommend that the following minimum conditioning program be carried out by each camper for at least a six week period prior to arrival at camp. Aerobic conditioning is especially important. This program is not difficult and it will make your time at camp much more rewarding and enjoyable. We recommend seeing your Doctor for your physical exam BEFORE starting this conditioning program.

1. Run at least 4 times a week and work up to at least a mile per run (preferable 2-3); or bicycle for 1 hour 4 times a week.
2. Start walking whenever possible to and from school or work, and climb stairs instead of using the elevator.
3. Hike three to five miles once per week wearing your hiking boots. It's best to try it with a pack on as well.
4. Of course anything you can do to get in shape is fine. If you play soccer, keep it up! If you work out with weights, that's great, but you'll also need to do some aerobic conditioning as well. The better your conditioning, the more fun you'll have. Go For It!

### BOOTS AND FOOT CARE

A good quality hiking boot is essential to the enjoyment of your trip. Some brands to consider include Merrel, Vasque, Nike, One Sport and Raichle. These boots are generally well-suited for backpacking and good for mountain biking as well. One of the biggest problems campers have is blisters on their feet, so boots should be purchased and worn until they are broken-in BEFORE arriving at camp. We suggest wearing them as often as possible-around the house, shopping or whenever. Breaking boots can take up to three weeks. Buy your boots well in advance to provide plenty of time. When using wax base dressings, allow the dressing to be absorbed by the leather. Make sure the boots are the proper size that will allow you to wear one heavy, and one light pair of socks at all times.

Wearing the boots not only serves to break them in but will also help you to toughen up your feet. We cannot emphasize enough the importance of good footwear and proper conditioning and care of the feet.

Be sure that any ingrown toenails or other chronic foot problems such as corns or warts are taken care of before you come.

Cowboy boots are totally unacceptable as they will not provide the comfort or support required on long hikes or rock climbing.



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#### THINGS TO BRING

The best way to dress for summer mountaineering is in layers. The weather is unpredictable and changes often. Wool is the best fabric because it keeps you warm even if it gets wet. Acrylic, polypropylene, and other synthetics are also good. Avoid 100% cotton!! It holds moisture and causes chilling.

The following is a **REQUIRED** list of clothing and equipment:

- Light-weight journal or spiral notebook, pen or pencil
- Small light-weight complete Bible
- Wool/synthetic stocking cap
- Cap with visor to protect your eyes
- Long underwear (polypropylene, silk, polyester, or wool)
- Wool sweater
- Fleece jacket ( or an additional wool sweater)
- Rainwear (parka w/ hood or poncho, pants optional)
- Light-weight gloves or glove liners
- Long pants - fleece. Light-weight wool or synthetic
- 2 pairs of shorts
- 3 pairs of heavy wool socks and 6 pairs of non-cotton liner socks
- Pair of old sneakers or tevas
- Swim suit
- Moleskin or mole foam for blisters
- 4 t-shirts
- 6 sets underwear
- 2 bandanas
- Large bath towel
- Personal toiletries
- Flashlight or headlamp with extra batteries and bulb
- Bug repellent (non aerosol)
- Plastic Ziplock bags for storing small items
- Daypack (small backpack like the ones used to carry school books)
- Sunglasses, sunscreen and chap stick
- Nicer clothes for travel to and from Colorado
- Sleeping bag and pad (lightweight, rated to 30 degrees or lower)
- Fly Fishing equipment (Fly Fishing Trek only)

#### Optional items:

(Backpacks are provided) Your own backpack (must have full wrap-around hip belt)

NOTE: Many of the above items can be purchased cheaply at any army surplus store or second-hand store. Borrowing is even cheaper!