



Working for
Wilderness

2021 Young Members Weekend at Heart Lake

Thank you for your interest in the Adirondack Mountain Club's Young Members Weekend! This year, we will be based at the Wilderness Campground at Heart Lake, in Lake Placid, NY. The change from Johns Brook Lodge to the campground was made to accommodate COVID-19 precautions, allowing the group to be spaced out, outdoors, and to avoid shared sleeping quarters.

Several campsites have been reserved for young adults to get together, socialize, and hike in the high peaks. This social and recreational program will include parking at the High Peaks Information Center, two nights at the campground, and "take-out" meals included from the Adirondak Loj and the Hungry Hiker. Campsites will be shared with other participants, but sharing of tents with anyone outside of your household will not be permitted. If you are participating with a significant other or spouse, you may share a tent.

The group will meet at the Heart Lake property at 4:00pm on Friday, August 13, 2021. Please plan to check in with Stephanie outside the entrance to the Adirondak Loj between 4:00 – 5:00pm. You will be given your campsite assignment, directions to your site, and instructions for parking at that time.

*Please note that if you plan to hike prior to meeting the group or arrive on site early on Friday, you will not be able to check in or set up until 4:00pm. If you will be arriving later than 5:00pm, please let Stephanie know in advance.

We'll spend Friday night enjoying a hot "take-out" dinner from the Loj, getting to know each other, and planning the weekend's hikes. There is a lot of flexibility to hike your own hike and get in as much adventure as you'd like.

On Saturday, we will have breakfast from the Adirondak Loj, pick up our trail lunches, and set out to explore. We will break into groups to hike, based on interests and fitness levels, and meet back at the campground for dinner. Anyone wishing to hike again Sunday can choose between a shorter trek (such as Mount Jo) or another full day on your own. If you have a long drive home and want to head out earlier, you can take your trail lunch for the road. Check-out from the campground is by 11:00am on Sunday, August 15th.

Prior hiking experience is required. Good physical condition and proper clothing/gear are a must, as the high peaks have rugged terrain and can be challenging. Come prepared to spend the days exercising outdoors in unpredictable weather. Participants provide all of their own personal gear (please refer to the clothing and equipment list). ADK will provide meals, and participants are encouraged to bring additional snacks.

You must complete the Combined Acknowledgement of Risk, Release of Liability, and Medical History form, and Photo/Video/Audio Release Form prior to the program. Proof of health insurance is required to participate. Forms must be submitted by July 30. Additional information will be provided by the leader closer to the start of the program.

If you have any questions, please contact Stephanie Gaudons at stephanie@adk.org. We look forward to meeting you and having an amazing weekend. Come prepared to have fun!

2021 YM Weekend Gear List

For Day Hiking in the Adirondack High Peaks (Summer)

Note: The items labeled “required” constitute the ADK’s best assessment of the personal equipment necessary to reasonably minimize the risks of such a wilderness activity. Because of this, only participants prepared with the required equipment items will be allowed to participate on ADK trips. For the safety of the group, the instructor reserves the right to deny participation, without reimbursement, to any individual deemed inadequately prepared. Please note the level of importance for each item: Required = “must have to participate”; Recommended = “highly desirable”; or Optional = “users’ choice”.

Footwear			
Equipment	Notes	Check Lists	
Boots	<p><u>Required.</u> Among hiking equipment, boots rank first in importance. For our terrain, ideal boots provide the following:</p> <ul style="list-style-type: none"> ⇒ <i>water resistance</i> from recent water-proofing treatment ⇒ <i>comfort</i> from a proper fit with enough room for two pairs of socks ⇒ <i>good traction</i> from a lugged sole (ex. Vibram®) ⇒ <i>blister prevention</i> from being broken-in in advance by the wearer ⇒ <i>adequate support</i> from a mid-sole stiffener and above-ankle height ⇒ <i>durability</i> – a full-grain, one-piece leather upper is best 		
Socks	<p><u>Required.</u> Heavyweight wool socks perform best. While hiking with a pack, wool socks should be worn with a lightweight polypropylene liner sock to prevent blisters. Two pairs of each are recommended.</p>		
Gaiters	<p><u>Recommended.</u> Gaiters are used to keep dirt, rocks, and water out of boots. Gaiters are particularly useful in wet (ex: when traversing streams) and/or muddy terrain. They help minimize erosion and vegetation damage by allowing us to walk through the mud and avoid widening the trail.</p>		
Clothing			
<p>A Note on Clothing Materials:</p> <p><u>Cotton:</u> AVOID COTTON! While comfortable in the front country, cotton absorbs and retains water, drawing heat away from the wearer. For this reason, cotton clothing can be deadly in the backcountry and is not risked on ADK trips.</p> <p><u>Wool:</u> A favorite material of woodsmen for centuries, wool retains its insulating qualities when wet. Also, wool is singularly durable.</p> <p><u>Fleece:</u> Also called Pile, Fleece is a synthetic material that draws moisture from skin without actually absorbing water, which makes for great insulation. Otherwise similar to wool, fleece is lighter, but bulkier.</p> <p><u>Polypropylene:</u> Polypropylene is another synthetic material that serves as a great insulator. It is especially effective as a moisture-wicking base layer next to skin.</p>			

Equipment	Notes	Check Lists	
Synthetic t-shirt	<i>Recommended.</i> We strongly suggest a lightweight synthetic t-shirt to wear on hot days and while climbing in less buggy areas.		
Top Base Layer	<i>Required.</i> A long-sleeved synthetic (ex. polypropylene) or merino wool mid-weight long-underwear top works best. We recommended two, in case one gets wet from perspiration or precipitation.		
Insulating Top Layer	<i>Required.</i> Many participants prefer a light fleece or wool shirt, sweater or jacket. A heavy-weight long underwear top may also acceptable.		
2 nd Insulating Top Layer	<i>Required (Spring and Fall)/Recommended(Summer).</i> Participants may desire a supplementary heavier fleece or wool jacket, or vest, especially those who get cold easily.		
3 rd Insulating Top Layer	<i>Optional (Spring and Fall).</i> Some participants may desire a supplementary heavier synthetic, fleece or wool shirt jacket		
Rain Jacket	<i>Required.</i> Any rain jacket must be <u>waterproof</u> and allow for enough room to fit over all insulating layers. Breathable materials are acceptable. Rain jackets with hoods and ventilation zippers are desirable. <i>Note:</i> Ponchos are unacceptable because they will not withstand the abuse of hiking in our terrain.		
Bottom Base Layer	<i>Recommended.</i> A synthetic (ex. polypropylene) or merino wool mid-weight long-underwear bottom works best. We recommended two, in case one gets wet from perspiration or precipitation.		
Camp Clothes	<i>Optional.</i> A dry set of clothes to put on at camp to hang out after hiking and/or to sleep in. These can double as hiking clothes for the next day and should not be cotton, and may be a combination of the other listed layers. Sandals or footwear to wear at camp is recommended, and a bathing suit/towel if you want to swim in Heart Lake.		
Hiking Pants	<i>Required.</i> Durable, quick-drying synthetic pants are ideal. Zip-off pants allow for use as both pants and shorts, as well as for some ventilation.		
Rain Pants	<i>Recommended.</i> Any rain pants must be <u>waterproof</u> and allow for enough room to fit over all insulating layers. Breathable materials are acceptable.		
Sun Hat	<i>Recommended.</i> Wide-brimmed hats or baseball caps protect the eyes and the face from the sun. Also, hats may protect the head from rain or insects.		
Sunglasses	<i>Recommended.</i> Glasses offering 100% UV protection are recommended. A hard case is suggested, as with prescription glasses.		
Winter Hat	<i>Optional.</i> A fleece or wool hat can provide warmth in rain, at night, or in an emergency.		
Insect Headnet	<i>Optional.</i> Especially in buggier months and wetter areas, a headnet can reduce the stress of insects.		

Glove liners	<i>Optional.</i> Lightweight gloves can function as insulation, as well as protection against rocks, vegetation, and bugs.		
Packing Equipment			
Equipment	Notes	Check Lists	
Daypack	<i>Required.</i> Any daypack should be durable and spacious enough for food, water, raingear, insulating layers, emergency equipment and more. We recommend a volume of approximately 30L / 1,800in ³ .		
Waterproof Bag Liners	<i>Recommended.</i> To keep belongings dry, line your pack with a heavy-duty plastic/trash bag. Placing small items in large sealable plastic bags (Ziploc®) or waterproof stuff sacks also works. In any case, extra bags should be packed (can also use to carry out your personal trash).		
Pack Rain Cover	<i>Recommended.</i> While packs should be packed so that individual items stay dry inside, some participants prefer the supplementary water resistance of a durable, full-pack rain cover.		
Other Gear			
Equipment	Notes	Check Lists	
Water Storage	<i>Required.</i> Two or three 1-liter plastic water bottles work well. Many participants also use bladder-bag systems (ex. Camelbak®) but at least one actual bottle should be taken in case the bag rips or leaks.		
Flashlight	<i>Required.</i> Headlamps are lightweight and very functional. <i>Note:</i> No light is reliable without either a backup flashlight or extra batteries and an extra bulb.		
Personal Toiletries	<i>Required.</i> Bring only essentials: i.e., sunscreen, lip balm, tampons, hand sanitizer, toilet paper, medications, and plastic bag to carry out trash. A trowel can be helpful for digging a cathole when you're on the trail.		
Whistle	<i>Required.</i> Three blows on a whistle is an effective rescue call.		
Lighter/Matches	<i>Recommended.</i> In a waterproof container. Lighters or matches can be used to start fires in an emergency.		
Navigation Equipment	<i>Strongly Recommended.</i> ADK will have a couple maps available for route planning purposes at camp, but participants should bring their personal map, compass, and/or guidebook if they own them. As a rule, map & compass should always be carried.		
Pocket Knife	<i>Recommended.</i> Small blades may come in handy in a variety of situations.		
Emergency Space Blanket	<i>Recommended.</i> Lightweight space blankets provide protection in an emergency.		

Sleeping Bag	<i>Required.</i> You will need a sleeping bag, and may also wish to bring a pillow, or you can use a stuff sack with your clothes as a pillow.		
First-Aid Kit	<i>Recommended.</i> Bring a small personal kit. As a rule, a first aid kit should always be carried by someone in your group.		
Trekking Poles	<i>Optional.</i> One or two trekking poles can be very helpful, especially during descent. <i>Note:</i> For those with knee problems, trekking poles are particularly helpful as they transfer weight from the legs to the wrists and arms.		
Insect Repellent	<i>Optional.</i> Especially in the bugger months of June and July, or in wetter areas, repellent can reduce the stress of insects. Only a small bottle is necessary.		
Towel or Bandana	<i>Optional.</i> Synthetic towels have multiple functions in the backcountry. A bandana is the <i>only</i> equipment item that may be cotton. JBL is located on Johns Brook, where you may wish to cool off after your hike.		
TENT	<i>Required.</i> Each participant will need to bring their own tent. Shared sleeping quarters are not permitted unless you are participating with a spouse or member of your household.		
Sleeping Pad	<i>Required.</i> A pad insulates you from the ground and provides comfort; these may be foam or inflatable.		
Camera	<i>Optional.</i> The ideal camera is a waterproof, shock-resistant digital. Plan to properly protect any camera that isn't waterproof.		

**While ADK will provide hot meals and brown bag lunches, you are encouraged to bring a few personal snacks to supplement during hikes and to eat between meals if you're hungry. Potable water will be available on the Heart Lake property. You will not need to bring a camp stove, as meals will be supplied by ADK.*