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Date: Monday, June 11, 2018 at 1:54 PM

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Subject: Slaying a Giant

Team,

Next week at this time we will be on the trail to hike Giant Mountain and Rocky Peak Ridge. I wanted to get out this message to make sure you are properly prepared for the hike. Some information on the mountains can be found at:

- <https://www.adirondack.net/hiking/high-peaks/>
- <https://www.cnyhiking.com/ADK46HighPeaks.htm>
- <https://www.summitpost.org/giant-mountain/150557>
- <https://www.summitpost.org/rocky-peak-ridge/150701>

There is some gear that I suggest bringing, below is a common list of the 10 essentials. I will be packing much of these, so you do not have to worry.

1. Navigation
  - a. I will have my GPS watch along with paper maps.
  - b. If you are interested to print one off or get the GPX file, visit the map I created at: <https://caltopo.com/m/JUS3> We will be doing the option 1 trail unless people are fatigued or we are running out of time.
2. Sun protection
  - a. Bring sunscreen, we will be under the canopy, but you can still be burned. I use SPF50. Temperatures look to be in the low 80's for Monday in Lake Placid.
3. Insulation
  - a. I would bring a light rain shell. There is predicted isolated thunderstorms. It is also sometimes cool and windy on the peaks.
4. Illumination
  - a. If you own a headlamp, please bring it with fresh batteries. If you do not own a headlamp, I have a few. Please let me know if you require one. If you own a lightweight flashlight, please bring that as well.
5. First-aid supplies
  - a. I will be carrying basic first aid items.
  - b. If you require an epi-pen, inhaler or have some other medical need, please let me know.
6. Fire
  - a. I will be carrying multiple sources of fire.
7. Repair kit and tools
  - a. I will have a knife and basic items.
8. Nutrition
  - a. This is the big one. Everyone needs to bring their own food and carry it. I generally use the rule of about 200 calories per hour. The hike should be between 6-8 hours, so plan on about 1200-1600 calories. I would suggest a variety of items such as power bars, trail mix, candy, nuts, fruits, etc. You want the food to be easily accessible and able to be eaten on the move.
9. Hydration
  - a. This is another important item. Everyone needs to bring their own water and carry it. The rule for water is about 32oz (1 liter, or one Nalgene) per hour. It is going to be hot and you will be working hard. You will need more than you think! I am planning to bring about 100oz plus I may bring some reserves for the group. Plan on carrying at least around 96oz for yourself.
10. Emergency shelter
  - a. I got this one covered.

Other things to know:

- What clothes should I wear?
  - I would wear comfortable athletic shorts and a wicking type tee shirt, I stay away from cotton. Since it will be warm, you can rely on your rain shell for warmth. We won't need it to start, but if we are not out by dark, it might be required.
- What kind of socks?
  - I prefer a synthetic sock. The trails will be muddy and you will want something that dries fast. I would stay away from cotton and wool will be too warm.
- What kind of shoes?
  - This one is for you Pavan. I have been told you never have the correct shoes for local walks. If you have trail runners or hikers, those are the recommended styles. If you do not, sneakers will work, but they must be newer with quality treads.
- What kind of daypack should I bring?
  - Something simple, it needs to hold your rain shell, water and food (Think kids bookbag). If you need a daypack, let me know.

Logistics:

I would like to leave the area by about 6am. I believe Pavan and Paul are going to leave their cars at Buffalo State (make sure you have overnight passes). We will then get Joe at a rental car drop off at the airport. Joe and Jon were going to work something out, worst case we pick Jon up. BSC to the trailhead is about 5.5 hours. If we stop for lunch, we should get to the trailhead by 1pm.

I am pretty excited to make this trip with all of you!

Mike