



# HMI Educator's Expedition Pre-Course Information

## Checklist and Miscellaneous Information

We are very much looking forward to welcoming you to Leadville this summer! This document explains important information about some things to take care of before the course begins. If you have questions or concerns, please feel free to contact Madeline Short, Director of Summer Programs, at [mshort@hminet.org](mailto:mshort@hminet.org).

### Things to do

- ( ) Carefully read through all of the paperwork posted on the HMI website
- ( ) Complete enrollment paperwork
- ( ) Make travel plans by May 15, 2023
- ( ) Review the enclosed equipment list and make a list of items that you need
- ( ) Shopping (please review the equipment information carefully)
- ( ) Start exercising! (see pre-course fitness information)

## Course Communication and Other Information

### Mail

You can receive mail and packages prior to and throughout the Educators Expedition. All mail can be sent to HMI, 531 County Rd 5A, Leadville, CO 80461.

### Communication

If someone would like to contact you while you are on campus cell phone reception is generally reliable, or they can call (719) 486-8200 ext 0.

During the backcountry portions of the program, you will not have a phone or Internet connection. There is wireless throughout HMI's campus that you are welcome to use. *In the event of an emergency at home and/or a participant needs to be reached by his/her family, our main office can be reached at 719-486-8200 ext 0.*

### Electronics

You are welcome to bring or cell phones for use while you are traveling to/from the High Mountain Institute. However, we ask that participants refrain from bringing phones on the backcountry portion of the program, so please do not plan on using your smartphone as your camera. You are invited to bring a computer to campus, yet please know there are public computers to use, as well.





# HMI Educator's Expedition Pre-Course Information

## **Accommodations While at HMI**

While at HMI, you and your course-mates will stay in one of our rustic, wood-heated cabins. Each cabin has two bunkrooms (4-6 beds) with a central common room. You will need to bring a sleeping bag and pillow, or sheets, or whatever you prefer. Bathroom facilities and showers are available 100-200 yards away in our West building.

## **Daily Chores**

Absolutely everyone who attends any HMI program, whether you stay on-campus or off-campus, can expect to help with daily cleaning and chores. This includes tasks such as sweeping & mopping floors, cleaning classrooms & bathrooms, and generally cleaning up after yourself. You are expected to leave your cabin, the kitchen, bathrooms, classrooms, and other facilities cleaner than you found them.

## **Alcohol**

Alcohol is not permitted on the HMI Campus.

## **Smoking**

Smoking is not allowed in or around any HMI buildings.

## Medications

### **Non-prescription medications**

**Please do not bring non-prescription medications.** In order to monitor your health, as well as reduce pack weight, we would like instructors to administer all non-prescription medications. We have a full selection of over-the-counter medications including ibuprofen, cold medication, Pepto-Bismol, and similar over-the-counter medications as need be.

### **Prescription medications**

Participants will be responsible for carrying and administering their own prescription medications during the program. **Please do not begin new prescription medications just before the Educator's Expedition.** It can be difficult for people to judge whether or not they are experiencing side effects from new medications while they are in a new environment (especially one as taxing as ours). Therefore, our physician-advisor strongly recommends that participants **not** begin new medications just prior to the beginning of the Educators Expedition or while the program is in session. If it is important for you to do so, please contact us as soon as possible so that we can discuss it.



# HMI Educators Expedition Pre-Course Information

## Pre-Course Physical Fitness

The Educators Expedition does not require any previous backcountry experience. However, **it is strongly recommended that you arrive at HMI in good physical condition.** Shortly after participants arrive, we head out on our backpacking expedition.

The vast majority of injuries that happen are direct results of individuals not being in good physical condition. The likelihood of sprains and strains is dramatically increased by poor fitness. In addition, the HMI campus is at 10,000 feet above sea level. Poor physical fitness increases the chance that an individual will experience the deleterious effects of high altitude. Again, we get started right away in the backcountry, and good basic fitness can decrease the likelihood of injury and assist in acclimatization.

In preparation for this, we recommend that you work on your cardiopulmonary fitness and hiking/walking strength before you arrive at HMI, particularly if you are not already exercising regularly. The ideal is to go for fast-paced hikes on trails carrying a daypack (with lots of water!) 2-3 times per week for 30-45 minutes. If trails are unavailable near your home, use a combination of roads and athletic fields. This is also an excellent way to break in your hiking boots! In addition, we recommend you compliment your hiking/walking work-outs with either jogging, biking, or other cross-training 2 times per week in order to prepare yourself adequately for the program. We recommend starting to prepare yourself physically for your trip now (or at least six weeks before the program starts).

Our expectations of physical fitness are not intended to scare you. We simply want you to know that a little physical training before your arrival will greatly increase your enjoyment of our backpacking expedition. If you have questions or would like assistance creating a training plan, please call us anytime at 719-486-8200 x109.

## On-Campus Packing List

- Clothes to wear on campus. We do not provide a specific list of exactly what clothes to bring to campus but bearing the following in mind should help:
  - The average temperature range in Leadville during the summer is from about 35° F at night to 70° F during the day. Leadville's record high is 85° F.
  - Typically, participants bring more than they need. Your backpack (if you own one) and/or one large duffel should easily hold all your belongings.
  - We spend the majority of the time during the program living out of our backpacks. We are able to carry everything we need for over a week at a time. As a result, when we return to campus, a few additional items feel like real luxuries. So in the spirit of "simple in means, rich in ends," please limit the quantity of stuff you bring with you.
  - If you need to do laundry, machines are available.



# HMI Educators Expedition Pre-Course Information

- Towel and washcloth
- Watch with an alarm
- Toiletries
- Items on the **WILDERNESS EQUIPMENT LIST**

## Arrival & Departure

### Arrival Information

You should plan to arrive on **Sunday, July 14 2024**.

### **Driving**

If you choose to drive, please call us for directions and approximate driving times. You should plan to arrive at HMI sometime between **1 PM and 3 PM**.

### **Flying**

If you choose to fly, we will be glad to meet you at the **Denver International Airport (DEN)**. We will be meeting flights between **10 AM and 12 PM** on your arrival day. We highly encourage you to purchase direct flights, if possible, as this minimizes the risk of travel delays. At approximately 12 PM the HMI van will depart for Leadville. If you cannot arrive at Denver International before 12 PM on your arrival day, please call HMI to discuss. You may need to arrange for ground transportation to HMI.

### **Meeting Participants**

The Denver International Airport consists of three separate concourses and the main terminal. All concourses are serviced by an easy-access, underground rail system that takes passengers from their arriving concourse to the terminal. The train is free and departs every 2 minutes. The train trip from the furthest concourse (Concourse C) to the terminal takes approximately 5 minutes.

When you get off the plane, **follow signs to the train that will take you to the Main Terminal and Baggage Claim**. Exit the train at the terminal, and take the escalator up one flight to the atrium of the terminal. This is the Ground Transportation and Baggage Claim level. Your instructors will be waiting for you at the top of the escalator and will be carrying an HMI sign. From there, we will check you in and help you gather your baggage (please meet us **before** looking for your luggage). Once the final flights arrive, we will board our van for the 2 ½ hour drive to the HMI campus.

### **Important Information to Have With You**

You will want to carry a cell phone and a few telephone numbers with you on the day you travel. If you are having trouble finding HMI instructors, please call the High Mountain Institute office first before trying anything else.

High Mountain Institute office- 719-486-8200 ext 0  
Madeline Short Cell- 610-349-2007



# HMI Educators Expedition Pre-Course Information

## Departure Information

You should plan to depart on **Sunday, July 21st, 2024**.

## **Driving**

If you choose to drive, please plan to depart HMI sometime after **10 AM**.

## **Flying**

If you choose to fly, we will be glad to take you back to the **Denver International Airport (DEN)**. We will be departing in time for flights leaving **after 12:00 PM** on your departure day. Please schedule your departing flight to depart **after 12:00 PM**. If this is not possible, please call to discuss. We highly encourage participants to purchase direct flights home as this minimizes the potential for travel delays.

See you this summer!