

## **I-RMH Packing and Medical Info**

### **Clothing:**

- 2 synthetic long sleeve shirts
- 2 pair pants (no jeans please)
- 1 Fleece or wool sweater
- 1 Jacket, preferably waterproof
- 1 watchcap or beanie hat for cold weather
- 1 pair of gloves (middle weight)
- 4 pair underwear
- 4 pair synthetic socks (not cotton)
- 1 Pair of broken-in hiking boots, over the ankle
- 1 Pair of closed toed sandals or water shoes (for Rafting day)
- 1 Pair of swimming suit/shorts (for Mt. Princeton hot springs day)

### **Other Gear:**

- 1 water bottle or camelback
- 1 Bible
- 1 pair sunglasses
- Sunscreen
- Bathroom essentials (Toothbrush/Toothpaste/Shampoo/Soap)
- Any personal medications

### **High Altitude Medical Considerations:**

Spring Canyon is at 9,026' MSL, which is where people may begin exhibiting the first signs of Acute Mountain Sickness if not acclimated. The typical acclimatization timeframe is 72 hours. Your body will make the needed adaptations in that timeframe, but the best thing you can do to help the process is to drink a lot of water prior to your arrival. Hydration is critical. Typical signs are elevated heart rates in the first 24-48 hours, light headaches and sleeplessness. I estimate that approximately 10% of our guests suffer from AMS by the 48-hour point, but recover very quickly at the 72-hour point. Rocky Mountain High groups arrive on Saturday and depart for trek on Tuesday, with our first base camps at around 10,000 MSL, so you should be well into your acclimatization before we start attempting the summit by Thursday. AMS is mysterious...it will affect the most highly trained athletes while out-of-shape or elderly folks may have no problems at all. It is really impossible to predict who will be affected, but we work at getting the team to the summit and we don't rush the pace

Average pack weight is typically around 30-35 pounds and average travel distances are only 3-5 miles per day. Guests will only hike with their pack up to the high base camp (usually around 11,500), and will use a smaller daypack for the summit. We will cover mountain weather during your trek classes and our guides are trained to handle food prep, deal with medical issues, environmental considerations, and abort procedures. They also have real-time communications with us back here at camp, as well as Emergency Medical Services in case of emergency.

For most medical issues, our guides are trained to treat and evacuate our guests if necessary. We are never more than 4 hours away from Emergency Medical Services, even on the local summits here.

Our most frequent medical issues are altitude illness (recovery at the 72 hour point usually), foot blisters, and sprained ankles.