

# RIGEL Essential Info Packet

## Director's Note:

*Congratulations! On behalf of all the trip leaders and support staff, I would like to personally welcome you to RIGEL—Penn State's Wilderness Orientation Experience for Transitioning Students. RIGEL will prove to be an amazing and unique way to start your Penn State University Park experience. To ensure a successful and fun week, please take the time to read this packet, it is filled with useful information to aid you in preparing for your trip. Let us know if you have any questions, and get ready for an amazing week that will surely change how you see college!*

*Best, Jen Emigh*

## Important Dates

### RIGEL Session

Summer

August 5-10

Health & Assumption of Risk Forms:

**Due June 15**

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## Contact Us

### Trip-Related Questions

Jen Emigh – AURORA Director

814.865.3890

jen.emigh@psu.edu

### Registration & Billing Questions

Marie Taylor – Registration Coordinator

814.865.3880

marietaylor@psu.edu

## RIGEL Checklist

- Read entire Essential Information Packet!
- Complete Health History and Assumption of Risk forms – **Due June 15**
- Review Gear List and acquire all items
- Visit AURORA website for more information and FAQ's
- Like AURORA Facebook page in order to get updates and information leading up to your trip
- Pack your belongings and embark on your RIGEL experience

*"RIGEL is the best program offered to transitioning students. It helps you find friends you can relate with while also pushing you to learn about a whole new experience (backpacking)."*

-RIGEL Participant

# RIGEL Expedition Description

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## Arrival

On the first day of your RIGEL week we will meet at the Snider Agricultural (Ag) Arena building on the Penn State University Park Campus. The RIGEL Staff may be able to assist with transportation from points on or near campus depending on demand. Please check-in between 10:00 a.m. and 10:45 a.m.—we officially kick off the day at 11:00 a.m. Please bring with you a bag lunch for the first day and everything you will need for the trip (as specified on the Gear List). During check in, complimentary parking will be available in the lot adjacent to the Ag Arena Building. Students who drive their own cars and wish to park them for the week will need to obtain a parking permit. (Permits for the week can be requested through our office in advance or on your RIGEL application—an extra fee of \$24.00 applies). We will have an introductory session for students and parents at 11:00 a.m. Following this, students will be assigned to their trip groups and the adventure will begin! We will spend time getting to know one another through some fun, informal, icebreaker activities. We will also take time to discuss our goals for the week, the expedition route, and the various responsibilities of your group members during our time together. Logistically, this time slot will be used to issue personal and group gear, as well as food. Once we have packed all personal and group gear, we will load into the vans and travel to Shaver's Creek for your first evening.

You may bring your own backpacking gear if you have it—however, it will ultimately be up to the discretion of your leader, whether or not you will take this equipment into the backcountry.

## Community Service

The second day of your RIGEL experience will begin with a morning of service on the trail at Shaver's Creek. You will then hit the trail after lunch.

## Backpacking

Although each RIGEL expedition may vary, participants should expect that once dropped off at the trailhead to spend the next four days and nights backpacking with their group. Each participant will be carrying a 30 to 40-pound pack that contains food, gear, and personal items for anywhere between four and ten miles a day on variable terrain depending on the pace the group decides works best for them. **(Participants are encouraged to physically prepare before arriving.)** During this time you will learn a great deal about yourself and others as you hike, camp, keep a journal, and explore. Some participants may have a great deal of experience in the backcountry; others may never have had a backcountry experience at all. Together you will learn from one another and your instructors the proper methods of environmentally conscious camping, including group cooking, tarp placement, water purification, and backcountry hygiene. In addition, one can expect to learn map skills, natural history, and risk management.

## Conclusion & Departure

On the final day of the course we you will complete evaluations of the RIGEL program. Gear will be cleaned and returned before you leave. All groups will return to campus on the last day of the expedition and the program will end officially at 12:00 p.m. Transportation assistance will be available following the program, if needed, to points on campus or in town.

**Due by June 15**

## AURORA 2017—Health History

Please return this form to Marie Taylor,  
AURORA Registration Coordinator  
At Shaver's Creek Environmental Center  
3400 Discovery Road, Petersburg, PA 16669-2114

Please mark the session that you are enrolled for:

<input type="checkbox"/> ORION LEAP (July 31-August 4)	<input type="checkbox"/> POLARIS
<input type="checkbox"/> ORION Summer (August 5-10)	<input type="checkbox"/> URSA
<input type="checkbox"/> ORION Fall (August 14-18)	<input type="checkbox"/> VEGA
	<input type="checkbox"/> RIGEL

Name: \_\_\_\_\_ Sex: \_\_\_\_\_

Address: \_\_\_\_\_ Phone: \_\_\_\_\_

\_\_\_\_\_ Email: \_\_\_\_\_

In case of emergency please notify:

Name: \_\_\_\_\_ Relation: \_\_\_\_\_

Address: \_\_\_\_\_ Phone: \_\_\_\_\_

Family Physician: \_\_\_\_\_

Address: \_\_\_\_\_ Phone: \_\_\_\_\_

Medical/Health Insurance Company: \_\_\_\_\_

Phone: \_\_\_\_\_ Policy #: \_\_\_\_\_

Do you have a history of (please check): **If yes, please describe. Add paper if necessary.**

	Yes	No	If yes, please describe in detail
Asthma (If yes, medical documentation is required for you to participate as this is a physically active program)	___	___	
Back problems	___	___	
Knee problems	___	___	
Diabetes	___	___	
Seizures/Convulsions	___	___	
Blood Conditions (hemophilia?)	___	___	
Heart Condition	___	___	
Other: _____			

**Allergies:** what is your allergy? \_\_\_\_\_ (ie. bees stings, foods, medications, shellfish, iodine?)

Severity of Allergy:  Mild  Moderate  Severe  Life Threatening

How does Reaction Present Itself? \_\_\_\_\_

(If you have an allergy that requires epinephrine, please be sure to bring your own Epi-pen)

Height: \_\_\_\_\_ Weight: \_\_\_\_\_ Resting Pulse Rate: \_\_\_\_\_

Date of most recent tetanus booster: \_\_\_\_\_ Date of most recent Physical Exam: \_\_\_\_\_

Any Operations/Serious Injuries? Are you completely recovered? No\_\_\_ Yes\_\_\_ If yes, please describe.

Any Dietary Restrictions (including vegetarian)? No\_\_\_ Yes\_\_\_ If yes, please describe.

Any Physical Limitations? No\_\_\_ Yes\_\_\_ If yes, please describe in detail.

Are you taking any medications (including diet pills, etc)? No\_\_\_ Yes\_\_\_ If yes, please describe.

What is your **experience** level?

\_\_\_ I have never backpacked before (backpacking = carrying a full pack for at least one overnight).

\_\_\_ Novice—I have backpacked once or twice in my life.

\_\_\_ Intermediate—I have backpacked three to five times before.

\_\_\_ Advanced—I have been on more than five backpacking trips.

Do you have ANY condition that requires regular visits to a doctor? **Please describe.** Use additional paper if necessary.

You will be carrying a 30–40 lb. backpack over rough and sometimes steep terrain for 4-10 miles a day. Do you have ANY physical conditions that might be worsened or aggravated by this activity? **Please describe:**

Any other physical, cognitive, sensory or emotional limitations of which you would like our staff to be aware of or that might require special accommodations?

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**PERMISSION AND CONSENT**

I certify that this health history is correct. I hereby authorize a physician(s) selected by the AURORA Program, or staff at the University Health Services or the Emergency/Outpatient Department of the most appropriate hospital to provide such care that includes routine diagnostic procedures and medical treatment as necessary.

I understand this consent is valid only during the stated dates of the AURORA Program.

I give permission for the AURORA Program Staff to provide first aid. A photocopy of this authorization shall be considered as effective and valid as the original.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of guardian if participant is not 18 years old

\_\_\_\_\_  
Date

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**PERMISSION TO PHOTOGRAPH (Optional)**

I give my permission to be photographed or videotaped while participating in the AURORA Program. I understand that the images will be used by AURORA to promote the program.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of guardian if participant is not 18 years old

\_\_\_\_\_  
Date

\*\* If for religious reasons you cannot sign any part of this document, please contact AURORA director for a legal waiver that must be signed for attendance.

**Due by June 15**

**The Pennsylvania State University  
Acknowledgement and Assumption of Risks—  
AURORA First-Year Orientation Program (KINES 089)**

*Please review this document carefully before signing. **All students/participants must sign this document.**  
For participants under 18 years of age, parents or guardians must also sign.*

The AURORA program takes place in wild and remote settings. It is important that participants (and parent(s) of minor participants) understand the risks (also known as hazards or dangers) associated with AURORA adventure activities. AURORA makes reasonable efforts to manage the risks, but does not provide a guarantee of safety. Some, but not all of the activities, which may be mandatory or optional, scheduled or unscheduled, supervised or unsupervised as part of the AURORA program include:

- Travel and living in remote wilderness settings
- Cooking on a camp stove
- Using liquid fuel (white gas or denatured alcohol) stoves
- Transportation in 15-passenger vans
- Wilderness first aid and rescue, real and simulated
- Backpacking and camping in mountains
- Rock climbing
- Swiftwater canoeing
- Flatwater canoeing
- Involvement in teambuilding games and activities

Some, but not all of the inherent or other risks of activities that participants may or will be exposed to include:

- Misjudgments by self, others, or by AURORA leaders
- Inappropriate conduct or negligence by self, others, or AURORA leaders
- Unpredictable weather
- Extreme cold and heat, sun, lightning, wind, rain, and snow
- Unmarked or obscured hazards
- Moving water in creeks and rivers, whitewater
- Difficult stream crossings
- Steep slopes, difficult terrain, downed trees
- Falling rocks and/or trees
- Sustained lifting, carrying, or hiking
- Improper hygiene
- Failure of equipment, despite reasonable maintenance
- Remote locations, hours from help
- Dangerous road conditions and transportation problems
- Falling down or slipping
- Animal hazards: stings, bites, poisoning, and blows (trauma)
- Other risks associated with adventure activities

These and other activities, risks, hazards, and dangers can result in (for example):

- Falls, being struck, or colliding with objects or people
- Experiencing vehicle capsize or collision
- Drowning
- Becoming lost or disoriented
- Injuries due to heat, cold, altitude, or heavy exertion
- Illness: long- or short-term, gastrointestinal problems

These and other activities, risks, hazards, and dangers can result in (for example):

- Broken bones, wounds, cuts, burns
- Property damage or loss
- Mental/emotional trauma, temporary or permanent
- **Other injury, damage, permanent disability, death, or loss**

***I (participant and parent(s)/guardian(s) of a minor participant):***

- Have read and understand the above stated information and all other AURORA program information received.
- Have carefully read, reviewed, completed, and signed the provided AURORA forms and paperwork and agree to abide by the terms of those documents.
- Know that AURORA staff is, and has been available, should I have questions regarding the nature and physical/mental demands of AURORA activities and risks associated with those activities.
- Understand that The Pennsylvania State University cannot assure the participants safety or eliminate associated risks, and that all participants share in the responsibility of their own safety.
- Understand that the information provided is not complete and that other unknown or unanticipated risks, events, and outcomes may exist and are possible.
- Represent that the participant is voluntarily participating, with knowledge of the risks, and can do so without causing harm to themselves or others.
- Assume and accept full responsibility in regard to all participants for the inherent or other risks (both known and unknown) of these activities and for any injury, damage, death, or other loss suffered by the participant and/or their parent(s) or guardian(s) resulting from those risks, and do hereby unconditionally release and hold harmless The Pennsylvania State University, its directors, officers, employees and agents from any and all liability in regards to said risks.

**Participants and parent(s) or guardian(s) of a minor participant agree: I have carefully and thoroughly read, understand, and voluntarily sign this two-page document and acknowledge that it shall be effective and binding upon me, my participating minor child, other family members, and my heirs, executors, and representatives.**

*All participants and parent(s) or guardian(s) of any minor participants (those under 18 years of age) MUST sign below:*

\_\_\_\_\_  
Participant Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Print Name Here

\_\_\_\_\_  
Parent or Guardian Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Print Name Here

\_\_\_\_\_  
2nd Parent or Guardian Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Print Name Here

# Gear List – What should I bring?

One way to ensure a successful and pleasant RIGEL experience is coming prepared with the proper gear and clothing. The list below includes the items that you are required to bring with you as personal gear. Your local outdoor retailer can help outfit with these items, or you can visit Appalachian Outdoors in State College before your trip. This list has been meticulously assembled by our expert staff, so bring ALL that is listed below, don't overpack with other items, and come ready for RIGEL!

ESSENTIAL ITEMS (bring all of these items)	
<ul style="list-style-type: none"> <li>❑ <b>Rain Jacket:</b> Lightweight, waterproof, breathable. Essential for keeping you dry <u>WHEN</u> it rains. (Gore-Tex is ideal. Ponchos aren't recommended)</li> </ul>	<ul style="list-style-type: none"> <li>❑ <b>Water Bottle:</b> 1 wide mouth quart or liter size (leak proof) plastic bottle (ie: Nalgene). A second one will be provided for you. Camelbak (water bladder) also works well.</li> </ul>
<ul style="list-style-type: none"> <li>❑ <b>Mid-weight fleece jacket or wool sweater:</b> for those cool summer nights. (summer evening temps can be as low as 50 degrees)</li> </ul>	<ul style="list-style-type: none"> <li>❑ <b>Headlamp/small flashlight:</b> Bring an extra set of batteries. The smaller and lighter the better!</li> </ul>
<ul style="list-style-type: none"> <li>❑ <b>Short sleeved shirts:</b> 2 for warm hiking days. Merino wool or all synthetic material is recommended (ie: nylon athletic type of shirt). <b>NO COTTON!</b> Cotton gets wet and heavy and will not dry. It also can cause chafing while backpacking. <b>NO</b> thin strap tank tops because your backpack will rub against your shoulders and make them sore.</li> </ul>	<ul style="list-style-type: none"> <li>❑ <b>Personal Stuff:</b> ie: toothbrush, toothpaste (travel size), camera, personal medications (inhaler for asthma, epi-pen for bee sting allergies, ibuprofen), females: extra feminine supplies – just in case.</li> </ul>
<ul style="list-style-type: none"> <li>❑ <b>Long Pants:</b> 1 pair, nylon wind pants or hiking pants preferred. <i>Encouraged but Optional.</i> (<b>ABSOLUTELY NO JEANS.</b>)</li> </ul>	<ul style="list-style-type: none"> <li>❑ <b>Sun Screen / Lip Balm / Bug Spray:</b> Very small containers. Sun Protection Factor (SPF)15+. Mosquitoes are abundant</li> </ul>
<ul style="list-style-type: none"> <li>❑ <b>Hiking Shorts:</b> 2 loose fit nylon hiking or athletic shorts.</li> </ul>	<ul style="list-style-type: none"> <li>❑ <b>Bowl/Spoon/Fork -</b> Durable, plastic, lightweight. (metal or ceramic is too heavy).</li> </ul>
<ul style="list-style-type: none"> <li>❑ <b>Underwear:</b> 2- 3 changes should be sufficient. Ideally not cotton – Exoficcio or similar synthetic, also compression shorts work well and help prevent chafing</li> </ul>	<ul style="list-style-type: none"> <li>❑ <b>Plastic trash bags:</b> 1 or 2 large, extra heavy-duty, help to make storage bags more waterproof.</li> </ul>
<ul style="list-style-type: none"> <li>❑ <b>Socks:</b> 2 pairs. Socks should be made specifically for hiking (nylon, polyester, or wool). Do <b>NOT</b> bring cotton socks.</li> </ul>	<ul style="list-style-type: none"> <li>❑ <b>Bandana:</b> useful for a variety of purposes.</li> </ul>
<ul style="list-style-type: none"> <li>❑ <b>Camp Shoes:</b> Closed-toed shoes to wear around camp in the evenings. Something comfortable – sneakers, crocs, or something similar. (<b>NO SANDALS OR FLIP FLOPS!</b>)</li> </ul>	<ul style="list-style-type: none"> <li>❑ <b>Hiking Boots:</b> The most important piece of equipment! 1 pair, sturdy boots with good ankle support, comfortable and proper fit. If you are buying new boots, give yourself a sufficient amount of time to break them in. Boots not broken-in cause blisters - which makes for a miserable trip.</li> </ul>
<p><b>** Please do not bring electronic items such as mp3 players, games, or cell phones. **</b></p>	

Below are listed some **optional** items that can be brought on your RIGEL trip. These are not essential, but you may wish to bring them along.

OPTIONAL ITEMS (not required but you may like having some of these things)	
<input type="checkbox"/> <b>Camp chair:</b> Crazy Creek chair: it makes sitting around camp more comfortable. This should be compact and light. You can purchase these on the first day of the program.	<input type="checkbox"/> <b>Pocket Knife:</b> One small, Swiss-style folding knife is sufficient. Don't buy one if you don't already have one.
<input type="checkbox"/> <b>Baseball cap:</b> to block the sun.	<input type="checkbox"/> <b>Mug -</b> Insulated 12 oz. plastic, mugs are great - but only if you drink hot chocolate, coffee or tea.

## Other Important Gear Information

**Group Gear** – RIGEL will provide all necessary group gear and equipment for your trips. This includes backpacks, sleeping bags, sleeping pads, tarps, stoves, first aid kits, maps, and other items. You are welcome to bring your own personal backpacks, sleeping bags, and sleeping pads if you desire, they will be assessed by our staff before departing on the trip.

**Hiking Boots** - Hiking boots or hiking shoes should provide ankle support. Boots should fit comfortably while wearing a synthetic hiking sock. ***Above all, make sure that your boots are well broken-in before you arrive. Otherwise your feet will pay the price. We cannot emphasize this enough: non-broken-in boots invariably cause chafing and blisters.***

**Clothing and Layering** – (*Excerpted from Rick Curtis' The Backpacker's Field Manual*)

The clothing layers should consist of several different types of fabrics. **Cotton** is comfortable and breathable, **but** it absorbs and retains water, and therefore it will **NOT** keep you warm if it gets wet. Also, it can be difficult to dry. For this reason you **should NOT** bring cotton clothes such as sweatshirts, sweatpants or jeans. We strongly encourage you to wear nylon, polyester or synthetic clothing. **Wool, synthetic fleece, and polyester** fabrics don't absorb water so they keep you warm even if they get wet. Fleece also dries very quickly. A wool sweater or fleece jacket provides warmth on a cold evening. These are essential to your comfort on the trip!

A combination of these fabrics creates a layering system. The **inner layer** keeps skin dry and comfortable. Synthetic t-shirts and shorts are lightweight and will dry quickly when wet from perspiration or from rain. The **outer layer** provides insulation and is usually a wool sweater or fleece jacket. You will wear this around camp at night. The **shell layer** protects you from wind and rain. A waterproof rain jacket is essential in case of bad weather. A coated nylon rain jacket is lightweight, inexpensive, and works well. Waterproof-breathable fabrics like Gore-Tex also work well. For the **head layer**, bring a brimmed hat for sun and rain protection. At night, a wool or synthetic fleece hat can be helpful for warmth. The **feet layer** includes a wool/nylon-blend hiking sock. Since wool or synthetic material doesn't absorb water it passes the moisture from your foot outwards, keeping your foot drier. If your feet get damp, they get wrinkled and are more prone to blisters. Wearing synthetic socks means that your socks will not absorb water and therefore will not be as likely to cause blisters.

**Appalachian Ski & Outdoors** is a local State College outdoor retailer. As an AURORA sponsor, the store offers a 10% discount to all AURORA participants as well as a great website to help you with gear selection. Go to <http://www.appoutdoors.com/RIGEL.htm> or stop by the store to find everything you need to be properly outfitted for RIGEL. Your web discount code: **AURORA17**

# RIGEL Food

The RIGEL menu has been adapted and modified throughout the years the program has been running. Our expert staff has assembled an array of trail-friendly foods that are packed with energy and nutrition to fuel you throughout your RIGEL experience. All food is provided by the program, however you are welcome to bring additional snacks if you so choose.

Below is an overview of the menu for your RIGEL week.

	Opening Day	Trail	Trail	Trail	Trail	Final Day
<b>Breakfast</b>	<b>Bagels and Cream Cheese provided at Ag Arena</b>	Oatmeal Bagel Granola Peanut Butter Jelly	Oatmeal Bagel Granola Peanut Butter Jelly	Oatmeal Bagel Granola Peanut Butter Jelly	Oatmeal Bagel Granola Peanut Butter Jelly	Breakfast Sandwich
<b>Snacks</b>	<b>Snack Pack</b> GORP Granola Bars Apple Orange	<b>Snack Pack</b> GORP Granola Bars Apple Orange	<b>Snack Pack</b> GORP Granola Bars Apple Orange	<b>Snack Pack</b> GORP Granola Bars Apple Orange	<b>Snack Pack</b> GORP Granola Bars Apple Orange	<b>X</b>
<b>Lunch</b>	<b>Bring your own!!</b>	Flatbread/Tortilla PB & J Tuna Hummus Pepperoni Cheese Carrots	Flatbread/Tortilla PB & J Tuna Hummus Pepperoni Cheese Carrots	Flatbread/Tortilla PB & J Tuna Hummus Pepperoni Cheese Carrots	Flatbread/Tortilla PB & J Tuna Hummus Pepperoni Cheese Carrots	<b>X</b>
<b>Dinner</b>	<b>Risotto</b> Rice Chicken Cream of Mushroom Soup Corn Broccoli	<b>Stir-Fry</b> Broccoli Zucchini Carrots Green Pepper Onions Rice Chicken Soy Sauce	<b>Tacos</b> Tortillas Green Pepper Onion Dehydrated Black Beans Fajita seasoning Salsa Cheese	<b>Hiker's Mash</b> Mashed potatoes Veggie soup mix Summer sausage Cheese	<b>Mac &amp; Cheese</b> Elbow Noodles Tuna Cream Cheese Cheddar Cheese	<b>X</b>
<b>Dessert</b>		Pudding No-Bake Cheesecake Fig Newtons	Pudding No-Bake Cheesecake Fig Newtons	Pudding No-Bake Cheesecake Fig Newtons	Pudding No-Bake Cheesecake Fig Newtons	<b>X</b>

**ALLERGIES AND DIETARY RESTRICTIONS** – We are experienced in dealing with an array of food allergies and dietary restrictions. We can easily tweak our menus for vegetarians and various food allergies. PLEASE be sure to make note of your restrictions on your Health Form so that we can make these tweaks.

Note: Our programs are Gluten-Free *Friendly*. What does that mean? All our dinners and snacks are made with gluten-free ingredients, and our breakfasts and lunches have gluten-free options. Our bagels and sandwich thins are not gluten-free, but those are only *options* at certain meals. If you have questions or concerns, please contact us.

For food related questions please contact Drew at 814.865.3297

# Additional Information

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## **RIGEL Leaders**

Your leaders for the RIGEL program are as diverse as the group of students they will be leading. Some are current Penn State students and some are recent graduates, with degrees from nearly every field imaginable: think engineering to biochemistry to outdoor recreation. Many participated in one of our AURORA Outdoor Orientation Programs as incoming freshmen, which means they have been right where you are now. They have all gone through extensive training in many areas, including backpacking and first aid skills, Leave No Trace principles, group facilitation, and teambuilding. The common thread for this diverse group (our RIGEL Family!) is that they all share a passion for the outdoors and for teaching and working with people. They all want to provide the best possible experience for you and help to ease your transition to Penn State University Park to the best of their abilities. They will be your teacher, your mentor, and your friend, and they will be there for you in times of need throughout your Penn State career!

## **Special Situations**

In the event of an emergency requiring parents to contact their son or daughter, please call the RIGEL program director's personal cell phone at 814-571-2667. Please be aware that in some cases it may take several hours to transport a message, as participants will be out on the trail. Again, this number is for emergencies only.

## **Physical Preparation**

RIGEL is a physically demanding program as participants carry 30 to 40-pounds of weight on their backs for hours/days at a time. The trails surrounding Penn State are rocky, variable, sometimes steep, and rigorous. The best way to prepare for RIGEL is to spend some time undertaking physical conditioning—If you are used to spending your days sitting in a classroom, start simply by walking and increase to running, hiking, swimming, and other cardiovascular activities will help to get you in shape. Hiking boots are the most important piece of equipment that you will bring. Be sure the boots you have are truly made for hiking; they should be well broken in, sturdy, and fit well with some wiggle room. If you are buying new boots, be sure to work with your local outdoor retailer to ensure that you have the proper fit and correct boot for your feet. Blisters are a common complaint with RIGEL participants. If your feet are sore on the trail, you will not be enjoying the program as much as you could be.