

Dear Kidney TREKS participants,

I hope you are all very excited for your week in Bar Harbor. I was excited last year before I went but I had no idea how much fun was really in store. You'll be spending a full day in the lab every other day and a half-day in lab the remaining days. There are a few different modules that you will be able to rotate through and in each one you'll be working closely with a team of students and faculty. All the modules are very hands-on and engaging and the staff members are very helpful and supportive. You will then prepare a short presentation with your team after each module to present to the rest of the group the following day. Dress is casual in the lab but be sure to bring closed-toed shoes.

After the presentations, you're free to relax or explore the island. Some of the things we did during last year's trip were hike Cadillac Mountain, the highest point in Acadia National Park, mountain bike through the Carriage Trails and kayak in the ocean. Also, you'll have the option to take a morning hike with some faculty members before lab starts. The weather in Maine this time of year can be unpredictable so bring both clothes for warmer weather (including maybe swim wear and sun screen) as well as a raincoat or a fleece for the evening. Some of you will stay in cottages that are a little isolated and not all the roads are paved so I'd recommend bringing good footwear and bug spray.

I had an unforgettable experience on my trip last year. I made friends who I still talk to today and got to work along side inspiring faculty members who I will never forget. This trip was also just the start of many things like mentorship and research at my home institution. Have fun!

Best wishes,

Patricia