

APRIL MEETING: Willow Park Community Center, 18 April, 8:00 PM. The program will be a slide presentation entitled "Where to Go and What to do in an Alaskan Summer."

ACTIVITY SCHEDULE

- APRIL 23: ROCK CLIMBING SCHOOL, Seward Highway, Registration will be held at the next meeting - Intermediate and Beginners. Dave DeVoe, Ron Linder, and Gary Hansen.
- APRIL 30: FLATTOP; Anyone interested? Needs a leader
- MAY 15: MOUNT MAGNIFICANT; Eagle River Valley. Helen Wolfe 272-7698
- MAY 21: EKIUTNA CABIN; Gayle Nienhuesser, register with Leo Hannan 277-4748
MCA 1966 opening. Clean up the cabin, do some of the repair work and erect the plaque in memory of Joe Pichler.
- MAY 28-29-30: All persons interested in doing a 3 day trip this weekend please sign the interest sheet and indicate your ideas for an area where there won't be too much snow.

Interest sheets will be available at the next meeting for the above activities. Also interest sheets will be available for the summer activities. If you have ideas and want to take a trip some place not already suggested, please fill out an interest sheet, or give your suggestion to our Trips Chairman or Leo Hannan.

SUMMARY OF THE SESSIONS HELD IN PREPARATION FOR THE SUMMER CLIMBING SCHOOLS.

Mountain Idving and Climbing Leadership Feb 21 Bill Davis

"The only way to make good judgements about how to live in the mountains is to go live in them". So Bill Davis began his talk on "Mountain Living and Climbing Leadership". Experience is the first essential in the making of a good mountaineer; natural ability is not a substitute for this. The second essential for mountain living is to choose your companions carefully. The third essential is the right kind of equipment--that which will accomplish your purpose. The basic purpose is to stay alive; under this comes food, shelter, and warmth. Extras should be taken in case you have to live in the mountains when you don't expect to. If you should get lost, realize that your biggest problem is despair. Assess your situation (food and shelter) and stay put; explore if you want to but be sure you can get back. Keep a cool head and conserve your energy. Short of getting lost, a good way to gain experience is to push yourself a little further than necessary--for instance, make a bivouac when you don't really have to.

In order to have a leader you need some followers, Bill pointed out, as he began his discussion of climbing leadership. If this seems overly obvious, how many trips have you been on where everyone or no one made the decisions? A good leader will delegate many of his responsibilities--such as pace, thus enabling him to keep an eye on the rest of the group. Other responsibilities involve maps, compass, permissions, leaving word where going and when returning. Keep your party together and go where you say you are going. Appoint a rear leader to keep track of stragglers. If you have a real problem with stragglers and just cannot keep your party together, split into two parties. Look back to see where you've been to keep your bearings for your return trip. Take snacks for energy--enough to share with tired members of your group. The best leader is concerned for completing a safe and successful trip, which may not mean completing a climb. The decision to turn back is hard and must sometimes be arbitrary--with the contingent risk of making someone unhappy. This is part of leading. If someone has to turn back, send someone back with him. As for how many should go on a climb, Bill's main comment was that the risk increases disproportionately as the numbers get lower. As much as possible should be learned about the area ahead of time, though in Alaska it is not always possible to require the leader to have taken the trip himself before he leads it. The leader should make up a list of equipment and make sure that each member of his group has the equipment listed--or he stays home.

Little advice for followers was also added. When the leader asks you how you are, give an honest answer. Tell the leader you want a rope if you do. Both leaders and followers should keep their eyes open, checking each other's condition, looking for freezing, slipping, exhaustion, fear.

Bill urged his audience to consider trying to lead--from afternoon hikes on up. His advice serves as a helpful guide--and after all, we are not a club without trips and we cannot have trips without leaders.

Making and Maintaining a High Altitude Camp Feb 28 Dave DeVoe, Paul Crews, & Ron Linder

Two weary climbers entered the "stage". Ron was carrying a heavy pack with much extra gear tied on the outside. Dave had nothing on the outside of his pack. Ron proceeded to spread his gear about the camp site, but Dave kept track of all his things. The "tent" was pitched and Dave took into the tent the necessary essentials. His pack, rope, and ice axe were neatly secured outside the tent. The food for the evening meal and for breakfast had been previously packed as individual units in plastic bags. They retired for the night with one person leaving his gear spread around and the other with a neat campsite. Hopefully it didn't snow or blow during the night and Ron could find his stuff in the morning.

What was demonstrated by this skit was the importance of keeping track of things and making a neat camp. The first thing to do when arriving at the camp site is stamp out or chop out a level spot and then pitch the tent. One person goes inside taking all his clothing and three days of food. Things that are not needed are put securely back in the pack. Before going into the tent brush snow off the boots. The ice axe is driven into the ground the rope, pack, and crampons are secured to it. In the tent keep things in bags to minimize confusion.

Remember it might be nice when you camp, but a storm could come up in the night. Have everything secured so it can be found in the morning.

The Ten Essentials

Flashlight and spare batteries	Additional items
Compass	
Map of the area (protected by plastic)	Mittens
Minimum first aid kit	whistle
Pocketknife	mirror
Matches	Wire
A little extra clothing sealed in plastic bag (socks, sweater)	Friction Tape
A little extra food	File
Fire starter or candles	Rubber patches
sunglasses	(to repair
	air mattress
	or K boots.)

These ten essentials are items that are recommended for day trips, weekend trips or what have you.

Problem Session

March 7

At the third session the participants were given a set of problems to solve. One involved an accident and the other route planning and trip preparation.

St Elis Range

March 21

Bill Davis

The final session was a slide presentation by Bill Davis, summarizing an expeditionary climb--the planning, packing, methods of getting in and out of the area, route picking, finding camp sites and actual climbing. These climbs were in the St Elis Range and showed many possibilities of excellent climbing.



THREE DAY EMERGENCY BIVOUAC FOOD PACK

Pack the following items in plastic bags and place in two pound coffee can.
Can will serve as a pot to cook in.

If cooking is done in groups of two or four, one or two cans may be used for soup and the rest for hot water.

- 1 cup Powdered milk
- 3 tea bags
- 3 pkgs Instant Cocoa or 6 tsp. powdered coffee
- 1 pkg Juice powder (grape, orange or lemonade)
- $\frac{1}{2}$ lb Sugar cubes (or a little more if room)
- 1 cup Oatmeal, 3 minute type. Add salt, raisins or chopped dates
- 1 pkg Dry cereal
- 2 pkg Soup mix, instant (avoid rice type -- too long to cook)
- 2 cubes Bouillon
- 1 cup Rice, quick
- 1 pkg or can Beef Jerky, chipped beef, canned tuna or other canned meat
- 1 pkg Salt, miniature size
- 1 spoon
- 1 Wire for bail (punch hole in can ahead of time)

Also bring one or two metal cups. Briillo pad not needed -- there is always sand, gravel, leaves, mud or snow for scouring.

OVERNIGHT BIVOUAC FOOD PACK

This will go in one pound coffee can, or in two half pound tins.

- $\frac{1}{2}$ cup Powdered Milk
- 1 or 2 Tea bags
- 1 pkg Instant Cocoa
- $\frac{1}{2}$ cup Oatmeal, quick-cooking with salt and raisins added
- 1 pkg Dry cereal (in case you can not build a fire)
- 10 Sugar cubes
- 1 pkg Soup mix, instant
- $\frac{1}{2}$ cup, Rice, quick
- 1 pkg or can of Meat
- 1 Salt, miniature
- 1 Spoon
- 1 Wire, for bail (punch holes in can ahead of time)

Bring 1 or 2 metal cups

THE LUNCH TIN

Pack in half pound tin. Seal individual items in plastic bags. Use only very fresh material that you have just opened.

Candy
Dried fruit
Juice powder
Meat, miniature tin

Nuts
Crackers (Animal, Triscuits, Wheat Chex)
Goat cheese (some will last at least a year)

Taken from Mountain Rescue Council Newsletter
Tacoma, Washington