

# SCREE

MOUNTAINEERING CLUB OF ALASKA

BOX 102037

ANCHORAGE, ALASKA 99510

JULY 1991

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## JULY MEETING

July 17 7:30 pm Wednesday, Pioneer Schoolhouse, basement level, 3rd and Eagle Sts., downtown Anchorage.

SLIDE SHOW Alan Julliard and Paul Berryhill will show slides of exploring 'The Yosemite of Prince William Sound.'

## HIKING AND CLIMBING SCHEDULE

July 14 ELLIOT PEAK  
Follow the ridge from Wolverine to Williwaw Lakes. CLASS D.  
Leader: Willy Hersman 338-5132

20 SYMPHONY AND EAGLE LAKES  
One-day hike, 11 miles round-trip. 55 Ways #37. CLASS B.  
Leader: Marty Bassett 276-1363 w, 694-3917 h

The Hiking and Climbing Committee is always looking for leaders. If you have an idea for a trip, whether an afternoon or several weeks, give Rex Pickett a call at 272-2851. H and C Committee: Rex Pickett, Chairperson, B. Wakeland, T. Choate, A. Shayer, N. O'Donnell, P. Kirk, C. Metzler, W. Hersman, K. Zafren, D. O'Haire, M. Bassett, K. Cafmeyer.

Trip participants are responsible for contacting the trip leader well before departure to familiarize themselves with the nature of the trip, to advise the trip leader of their experience level and to review clothing and equipment requirements. General clothing and equipment lists are available at the club meetings or from trip leaders. Trip leaders may add or delete items from the standard list. Check with your leader ahead of time!

## TRIP REPORTS

### Granite Peak

Ken Zafren

I got back from Nepal later than planned, on Tuesday, May 28, and after recovering somewhat from jet lag, prepared to lead a club climb of Granite Peak (Anchorage D-6). Tom Choate had taken a job as an interpreter at Portage, so couldn't go on the trip, but insisted on doing a reconnaissance on May 31, the day prior. He called me that evening with a detailed description of the approach to high camp and reported that he had left day-glo green flagging in a few crucial spots. He had found a nice camp with a pond, but the route disappeared in the clouds above him.

Bill Cole and I left Anchorage at noon on June 1, followed the maze of roads without incident and were walking by 1:45. We reached a beautiful high camp at about 4:15, but clouds still hung only 500 feet above. There is supposedly a couloir that leads through rock bands, but neither feature was visible, only gentle slopes above our camp, which was at 3100 feet on a large bench, due south of the summit. At midnight, the clouds had dispersed partially, revealing the rock band and several couloirs which did not penetrate it. A persistent cloud on the right half of the upper face obscured critical sections of two possible routes. We went back to sleep.

By 4:00 am the mountain was as enveloped as ever in clouds; they continued dropping to 300 feet above camp as we packed up and left at 9:00. It was an easy one and a half-hour hike to the truck.

### Mt. Eklutna

Neil O'Donnell

On Saturday, June 15, thirteen intrepid MCA members braved fierce UV radiation and sweltering heat in conquering Mt. Eklutna. As a reward for scaling the heights, the group unanimously voted for a nap on the summit. Awakening refreshed an hour later, we lazily descended the mountain.

Education lectures were the purported reasons for our frequent stops throughout the day. The speakers included Don Hansen on caribou biology, Vivian Mendenhall on birds and plants, Dan O'Haire on geology and the undersigned on field repair of gaitors. Other participants were: Bruce Abramson, Peter Blumberg, Marcy Custer, Susan Fink, Carina Fisher, Susan Hartigan, Celia Rozen, Allan Shayer and Margaret Stock.

### Crow Pass to Eagle River

Allan Shayer

On a perfect Alaskan summer day, June 22nd, eight people spent, on the average, fourteen hours walking twenty-six miles from the Girdwood side of the Iditarod Trail to the Eagle River Visitor's Center. Starting with a shuttle of cars we made our way south and started hiking at 10:00 am. Of the eight, Estelle Bailly of Montreal was farthest from home. The remainder were Anchorageites: Peter Bloomberg, Susan Fink, Eric Teller, Donna Moody, Celia Rozen, Heline Feiner and myself. Three people had done the trip previously, two on overnight trips, and one had already done it in a day.

Weather: perfect, perhaps overly warm and sunny! A slow pace brought us to the pass and the only cloud of the day. Then down the north side of the pass to the head of Raven Creek and lunch. The snow was typical for late June; intermittent patches and several long snow slopes on the north side of the pass. All did well and enjoyed a sunny lunch. A fast pace quickly brought us several miles to the ford at Eagle River. The river was high from snow melt. We linked hands and crossed with ease, the water never going more than thigh deep. The two people with neoprene booties were the happiest of the lot!

With the most intimidating part of the trip completed everyone relaxed and we walked on with the only difficulties to occur still ahead. All were a bit tired after eighteen miles and the unrelenting sun had its revenge. One hiker reconstituted from partial dehydration just like dehydrated foods with the addition of water. After a few more hours hiking downstream, Icicle Creek presented an unexpected and disappointing bonus. It was in flood stage,

overflowing its banks, requiring wading. This was a treat all could have passed up. A couple of more hours of slow walking brought all safely to Eagle River Visitor Center with only one worn-out knee and an unknown number of sore feet. For almost everyone it was the longest day hike they had ever taken. We were all happy to see the end of the trail and very satisfied with our day of hiking through beautiful wilderness in warm sunshine, among good company.

Summer Solstice Sleepout  
and  
Participant List

Karen Cafmeyer

A spirited, exuberant group scrambled up Flattop to camp out for the Solstice this year. The first tents popped up around 8:00 pm and the last appeared just before midnight. The mood was light due to clear skies and an awesome sunset that went for hours.

Lots of kids came up with parents this year, two were only four years old. Only one person, Lydia Wirkus, had experienced an MCA Winter Solstice sleepout. Maybe we can talk her into leading the trip for us next December!

Beth, Jerry and Chris Blitz (9)	Cafmeyer family
Tomsens: Chris, Vera, Jan (6), and Erik (4)	Lydia Wirkus
Sunardjuno Djajengwasito	John Kehr
Dan Ritter	Eric and Glenn Teela
Max Blake	Lenny Grijalua
Bob Mettert	Don Spurlock
Ed, Eric (7) and Anders (4) Olmstead	The widemouth frog
Karen and Jerry Forsyth	Bob Antonson and Jana Stopka
Roy Dewey and friend	Marty Bassett
Will Delany	Dave Vahala
Cheryl Willis Sprague	O. William Grover II

HYPOTHERMIA NOTES

Dan O'Haire

Hypothermia Precautions

For purposes of planning this trip, assume that you and all your belongings will be immersed in icewater, and that we will get freezing rain and wind for the entire duration of the trip.

Cotton and down are prohibited, with the exception of cotton handkerchiefs.

Bring a complete extra change of clothing in a waterproof, dry bag.

All stuff sacks should have plastic liners, and their contents wrapped in their own plastic bags.

Bring rubberized rain gear that includes rain pants, boots and coat.

Bring a closed-cell foam pad that won't act as a sponge.

### Hypothermia Remedies

When you get cold and wet and there is a storm:

Keep your dry clothes dry. This may mean stripping down and putting on the sopping wet clothes if there must be an excursion outside the tent. A pee bottle is sometimes an alternative.

Dry out your wet wool and synthetic fiber clothes by wearing them. the heat from your body will gradually drive off the moisture.

Your polyethylene bottle filled with boiling water and tightly capped and quickly thrust down to the bottom of the sleeping bag will warm it up there. The more hot water bottles, the more heat.

Hot drinks are a source of heat, help fight dehydration and boost morale.

### ADZE

Titanium Ice Screws:

six-inches long, Soviet-made  
\$10.00 each with big enough order  
Contact.... Jim Sutter, "Slava International"

### MINUTES OF THE JUNE MEETING

The meeting opened with the introduction of new members, and there were many new and returning faces. We met outdoors (fortunately it was a nice night) as the key had been misplaced.

#### TREASURER'S REPORT:

Money Market	-	\$4021.16
Checking Acct	-	129.29
Petty Cash	-	36.60
Total		\$4187.05

Tony B Memorial Fund - \$845.00 (mistake made last month)

#### COMMITTEES:

Hiking and Climbing. Rex Pickett is the new H & C Committee chairperson. There are several weekends without trips coming up. Please volunteer to lead something!

#### OLD BUSINESS

Karen thanked all the new club volunteers.

## NEW BUSINESS

Karen ordered new club T-shirts, in hot colors.

## ANNOUNCEMENTS

Marcy announced that Rick Maron is back in town, recovering and doing well.

Dave Pahlke said that the trails around Service High are covered with horse droppings.

A member of the Arctic Orienteering Club brought information about the Alaska Gold Strike Rogaine, to be held on the weekend of July 27th, an excellent race.

Karen announced a UAA backpacking trip to Lake Clark.

The club received mail from a mountaineer from New Mexico seeking a companion for a 3 1/2-week trip to Lake Clark National Park, July 22 - August 16. He is willing to pay air fare. Call Daniel at 505-835-3814 or 505-835-2940.

Slide show: Mr. Bailey's show will have to be shown later, since we couldn't show it outside.

Respectfully Submitted,

Mindy Baum

Climbing Notes

Tim Kelley reports that he and Tim Miller did some climbs between Crow Pass and Organ Mt. during the weekend of June 29-30. Peak 5477 was climbed from the SW ridge. This peak sits on the ridge between Paradise Creek and Camp Creek. A cairn, left by Jim Saylor last year, was found on the summit. Peak 5638, SE of Organ Mt. was climbed via gullies on the S face. No evidence was found of previous ascents. An attempt was also made on peak 5190, just north of Archangel Lakes.

Tips for Summertime Hiking, Backpacking, and Climbing With Kids

Karen Cafmeyer

FIRST OF ALL: Be confident of your own skills! If you are comfortable in the outdoors, your kids will be too. Nothing rattles children more than seeing their parents overwhelmed or intimidated.

CLOTHING: No cotton or down clothing. Polypro long johns make good pants. Polyester sweat pants and shirts. Wool socks.

- If you sew, Polarplus Fleece (Pacific Fabrics) can be used with standard patterns to make simple tops and pants. Green Pepper sportswear patterns come in children's sizes. I rip the seams out of old sweats and trace the pieces to make my own patterns.

- Footwear: lace-up joggers for easy trails. Invest in real hiking boots with Vibram soles for climbing and off-trail hiking. Bring extra shoes to replace ones that got soaked or muddy on the way.
- Wind gear: an adult nylon anorak with the sleeves rolled up becomes instant wind gear for even tiny hikers.
- Rain gear: an essential item; both jackets and pants available at many local sports stores.
- Bring extra socks, underwear, and pants.
- A winter jacket with a hood (or bring hat) is great to wear in the evenings, or if it suddenly gets windy. Put a pair of light mittens in the pockets.
- Sun protection: UV-rated sunglasses, visor caps, sun block.

FOOD: Variety is the key. Bring lots ... eating is an on-going activity outside.

- Fresh fruits and vegetables: apples, oranges, carrots, celery, green pepper strips, cherry tomatoes.
- Fruit roll-ups, breakfast bars, nuts.
- Fig bars, oatmeal cookies.
- Bring a pot and stove to make hot soup, cocoa, etc. Get plastic measuring cups and tie Lexan spoons to them. You can tell whose is whose by marking them with colored tape.

PACKS: Make your children as independent as possible by having them pack their own jackets, hats, mittens and food (treats) and water (1 quart poly bottle filled with water or juice ... even a four-year-old can polish off that much liquid on a day trip). This way, if they're too hot, cold, hungry or thirsty, they can take care of it themselves without bugging you.

All the kid's gear should fit in their regular school backpack. There's no reason to load them up with additional group gear; Mom and Dad can carry the tent, stove, etc. We leave the sleeping bags at home and use ensolite pads and a blanket in the summer. Kids sleep hotter than parents. If you wake up cold in the middle of the night, cozy up to your kid!

#### TRAVELING:

- Learn to identify and avoid Cow Parsnip (leaves exude a sap which makes the skin sun-sensitive and results in blisters), red elderberry, and baneberry.
- Plan short trips at first; add mileage as the kids get older.
- If the kids can ride their bikes while you walk, you'll be traveling at roughly the same speed and get a lot farther.
- Kids start to stumble when they get tired. Plan to stop for a quick break every fifteen minutes when they're young. This can be frustrating for the parents because just as they're hitting their stride, the kids need a break. They recover fast, though, and the older they get, the longer

between stops. When the serious whining starts, remember, the children don't know where they're going, how long they'll be expected to travel or even why you're doing this to them. They're whining because they fear the unknown. Try this: make the whiner the leader for a while. Also point out a landmark they can see for the next break. Play word games or 'I spy.' Sing songs. I got my three-year-old to hike three miles by letting him bring his plastic sword to bash brush along the way.

**CAMPSITES:** Choose places where you can have fun, too. We brought rock shoes and bouldered while the kids played on the tundra nearby (Powerline Pass), or fished while they played on the shore (Fuller Lakes), or took turns climbing a nearby peak while the spouse babysat.

- Frisbees, kites, balls, floating toys for lakes, sand toys. Wildflower books are light and entertaining.

**CLIMBING WITH KIDS:**

- I tie a chest harness with a leash to the kids, especially crossing snow slopes.
- Some kids below six years are too light to climb steep tundra, they can't edge their feet into the slope.
- Bring extra water on climbs; sun protection and sun glasses are mandatory.
- Watch for clouds on the summit... they mean high wind and can knock kids off their feet.

**PLACES TO GO:** backpacking, hiking... Ptarmigan Lake (Kenai), Fuller Lakes, Gull Rock, Powerline Pass, Eklutna Lake, Falls Creek, Eagle River, South Fork Eagle River, Hatcher Pass. Climbs... Flattop, Wolverine Peak, The Wedge, McHugh Peak (Clark Rd.), Rainbow, Bodenbug Butte, Lazy Mountain.

**ADDITIONAL INFORMATION:**

- The August Issue of Backpacker had a good article on backpacking with infants.
- 55 Ways to the Wilderness accurately describes trails and notes trips that are good for children.