The Essential Guide to Hiking with a Youth Group

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Introduction

In today's fast-paced world we are constantly on the move. There is rarely a moment to just sit and enjoy what is around you. To soak up God's amazing creation. Repeatedly in the Bible we see examples of people getting away from their everyday noise and pressures. This manual was created with the express purpose of educating you and getting you out into God's wonderous nature.

As youth leaders it is our job to create fun, safe, and enjoyable activities for our students that provide a Godly emphasis. Hiking trips are not only fun, but a useful tool for drawing a youth group closer together, and even a great event for your students to invite their non-church-going friends to. This manual will provide you with everything you need to know about cost, physical fitness, equipment, safety, food, and good trails to hike to make your trip a success.
What to Consider

If you are seeking creative ideas, go out walking. Angels whisper to a man when he goes for a walk.

~Raymond Inmon

Before you ever begin to plan an event you must know the estimated cost of putting on. The average cost of hiking is about $1.25 per mile hiked. You do not want any of the adult sponsors who have graciously donated their time to come along to need to pay, so you must figure extra cost in to cover the sponsors. You will probably want an additional sponsor for every 8 students. Additionally you will need to factor in the costs of gas and any permits that may be needed. With the additional money needed you should plan for $2.25 per mile. This should plenty, and if you happen to have a little extra after the trip students and parents always love a refund. The following that should be useful in helping to determine your estimated trip costs.

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The cost seems to rise quickly, but you must keep in mind that your average student will probably only be able to hike 10 miles in one day and during that time you have to feed your students and each meal costs money.

Here is an example breakdown of a 25 mile hike with 10 students.

Total Budget: $563
  Gas: $50 – New Total: $513
  Permits: $25 – New Total: $488
  That leaves approximately $48 per day for food and equipment, or for a two and a half day trip, about $19 per day per student. That is approximately $6 per meal minus the cost of the equipment. Buying in bulk at a store like Costco should get the meal price down to $3-4 per meal. That leaves plenty of money to purchase equipment such as first aid kits, backpacking stoves, and safety devices that the students may not have brought themselves.

Once you have decided upon a trip, the length, and the cost you need to make some flyers to post around your church, and possibly to send home with students. See the appendix for sample flyers.
Quite possibly one of the most important steps, and certainly a huge liability risk, are medical release forms. EVERY student MUST have their parents fill out a medical release form in order to participate. This is not to discourage parents or students because of potential dangers, rather it is to ensure that a student is able to get the proper medical attention if an injury should occur. Medical release forms should be carried with you at all times, and it may be wise to make copies for the other sponsors that come with you. If a student gets injured you will need to present the form at the hospital for the student to get treatment. Make sure you also call the parents to let them know what is happening with their child, and keep them informed with regular updates and calls if something changes. See the appendix for a sample medical release form.

**Go for God or Go Home**

The entire purpose of taking your group out hiking is to get away from the pressures and business of everyday life so you can absorb yourself in God's creation and reconnect with him. If you are not taking your students to pull them closer to God you may as well stay home for all the good it will do them. Being alone in nature is arguably the greatest way to feel close and connected in to God. On shorter trips you should stop at your halfway point, eat lunch, and share a devotional. During longer trips it is better to share a devotional at your destination and at the lunch stop along the way. See the section on lessons for hiking to find a good, ready made, devotional you can use.

**Consider Your Abilities**

Consider your current abilities to determine how much of a hike you can handle - be realistic. Decide where you want to go - the coast, mountains, nearby forest, ... wherever you want to explore. Get a rough idea of how many hours you want to hike, how far you can go, what hiking supply load you need, and then use maps and guidebooks to find a trail that matches your desires and abilities.

Figuring out how far you can hike in a certain amount of time is a good exercise. Or, figuring how long it will take to hike a certain trail. The actual results will depend on your shape, the trail condition, elevation, weather, and lots of other little things. But, in general, you can count on 2 miles per hour on flat land. Reduce that a bit for every 1000 feet above your home elevation due to reduced oxygen. To the total time, add 1/2 hour for every 1000 foot elevation change due to slow climbing. Here's a simple calculator that will give you a crude estimate - enter what you want and the rest will be calculated: http://www.hikingdude.com/hiking-planning.shtml

**Tell a Friend**

Find a hiking buddy to go with you. Hiking alone is not safe. Once you are an old pro and have been through some rough weather, difficult terrain, a few accidents and missed turns, then you can think of hiking alone. Until then, take a buddy along. Someone with more experience than you will be a great way to learn new tips.

Discuss your plans with your friend and make sure everyone understands how far you want
to go, how fast you want to hike, and what you want to see on the hiking trip. Having expectations synchronized will make the adventure fun and fair with fewer surprises.

**Check Terrain**

Use a detailed topographic map to understand the difficulty of your hike. It may just be a 6 mile loop on the map, but that may be flat or include 4000 feet of elevation change. Learn how to read a map before going hiking. When you are in the field, your map and compass will be your most important tools to stay on track. Also make sure your map is current - trails change, magnetic declination changes, areas open and close. Checking with the agency responsible for managing your planned hike area is a good idea.

The elevation you gain and lose while hiking will have a definite effect on how fast you hike and how much ground you cover. Hiking up a steep grade will slow you way down, forcing your muscles to work much harder. Hiking a downgrade will be easier on muscles but much harder on joints.

Creating a hike elevation profile will give you a good idea on where the more difficult stretches are in your planned hike. Convert the information on your topographic map into a chart of elevation versus distance. In this example, a climb to the top of a peak and then the return on the same trail is diagrammed. It is fairly consistent with just one short stretch halfway up that is fairly flat.

Take into account the time of year when checking the terrain. A dry, dusty trail in July may be a muddy mess in May. You may be able to hike across a frozen marsh in January, but go around it in June. Also remember that higher altitude means cooler temperatures and hypothermia is a real possibility anywhere below 60F degrees. If your hike takes you over 9000 feet, read more about high altitude hiking.

**Check Weather**

Everyone knows that weathermen are seldom correct. Even with high-tech gear, predicting the chaotic nature of weather is not possible. A beautiful, sunny day can turn to life-threatening rain in an hour. You have to be prepared for the worst probable weather and its consequences. The word 'probable' is key - June in Minnesota will not require snowgear, but will require raingear. You need to consider what the worst effects will be from weather for which you did not prepare and then decide if it is worth the risk. For example, hiking in Death Valley in April has a miniscule chance for any precipitation, but an average daily high of 90F and a record of 120F. So, the consequences of no raingear are much less than not taking a hat and lots of water.

Elevation and weather are closely related. In general, every 1000 feet in elevation means a drop of 5F
degrees in air temperature. Also, the higher you go the faster and more severe weather changes with big
drops in temperature occurring quickly and higher winds in general.

A sudden rain passing through may just cause you to seek shelter for 15 minutes. But, your travel time
may be greatly reduced afterwards due to a deep layer of mud on the trail. Be ready to change your hike
plans due to weather conditions. Read more about what to do in case of lightning.

While hiking on your trip, constantly stay in touch with nature around you. Just walking through and
oohing and aaahing over the flowers and mountains is missing half the fun. Check out the clouds - are
they building? are they picking up speed? are they white or dark? what does the horizon look like? Are
birds still flying around? Is there a gentle breeze in the treetops or is the wind getting stronger? Keeping
an eye on your surroundings is fun and important.

**Check on Permits**

Most national parks and wilderness areas require a backcountry permit. Often
times these permits are free but if you are checked and have no permit, the fines
can be very expensive. Permits are used to monitor visitor traffic, to limit use of
certain spots, or to help keep hikers safe. From very restrictive permits that define
your trails and campsites to general access permits, it depends on the management goals of the agency
in charge.

Other areas may not require a permit, but its always a good idea to check in with a ranger. It's an
opportunity to tell one more person where you plan on hiking and to check one last time on trail
conditions and any special short-term regulations in the area.

**Tell Another Friend**

Always, that is ALWAYS, leave your hike itinerary with someone at home.
Make sure they know your route, start time, when you will be back, and when you will
be contacting them. If you are not in contact with them as expected, they should have
instructions on who to call to check - for example, the ranger station near the
trailhead.

**The Right Pack**

This is the fanny pack I use for day hikes.
It's not very big (215 cu. in.) but can hold everything I need for the day. It's made by
Outdoor Products and costs about $7.00
Outdoor Products makes inexpensive gear that works well for new hikers and backpackers.
Both my sons have O.P. backpacks for Boy Scouts and have had no problems so far.
Some people don't like the look of fanny packs but I think they're very useful. If I get tired of having it
around my waist, I can sling it over one shoulder or the other. If you get something larger, such as this knapsack, you have to have it on your shoulder, not just your waist. And, you tend to carry more because it has more room and people hate wasted space. Two or three people could put all their stuff in one hiking backpack and take turns carrying it, but I'd hate to be without the pack when someone takes a wrong turn - you should always have your basic essentials on your body.

Minimize Weight

You wouldn't carry a bowling ball in each hand when you go on a hike. It's just not comfortable. But, with a 16 lb. pack, that's exactly what you are hauling up hill and down all day. The amount of fun packed into a hike is inversely proportional to the amount of stuff packed into your bag. Except for specific cold weather situations, you should have no need to carry more than 10 pounds in your pack for an all-day hike. Carry less and enjoy more.

A great way to minimize your gear and make future hike preparation easier is to create a gear list. Gather all the stuff you are going to take, pack it, and just before you leave write down exactly everything that you have with you. After your hike is over, go over your list and see what you didn't use. Find things you can leave home next time. But, don't be dumb and choose raingear just because it didn't rain today.

For future hikes, just get out your list and gather what you need quickly.

When hiking with a partner or two, there are more opportunities for minimizing weight. You can buy larger containers of food so the packaging waste is less. You can take just one water filter, sunscreen, bug repellant, and other items that can be shared. You need to coordinate this before the hike.

The types of clothing you choose will greatly effect your weight. Light-weight synthetic fabrics do a specific job better than natural fiber at a reduced weight. Some articles of clothing specifically wick away sweat while providing insulating warmth. Others keep out rain but still allow perspiration to escape. Hiking clothes come in so many colors, styles, and brands, its almost comical. Spending a couple hours at an outdoors store should sufficiently overwhelm you and possibly drain your wallet.

Check Your Gear

Make sure your batteries are fresh.
Clean your water bottle.
Test the belts and buckles on your hiking pack.
Sharpen your knife.
Go through your first aid kit.
Basically, check out everything you are taking with you to make sure it will do its job. Finding out that last year's boots are moldy or don't fit any longer is a bad thing the day you are to leave for a hike.
Hiking Dude's Tips

- Always bring water, even on cold days, cloudy days, or short hikes.
- A cellphone can be a lifesaver. Just don't freak out when it's ruined from mud or rain or a fall. Wrap it in paper towel and put inside two zip-loc baggies for extra protection.
- Carry a couple extra gallon-size zip-loc baggies. They have 101 uses and weigh nothing and they take very little room in your hiking backpack.

Hiking Etiquette

The longest I've hiked without meeting up with someone not in my party was four days while backpacking in the Rocky Mountains. But, on most day hikes, you will probably encounter other hikers and maybe some bikers or horse riders. Being prepared for these meetings before they happen is a good thing.

Share the Trail

There's a saying: *You'll never win a fight with an automobile.* The same general rule applies to any situation in which you find yourself - the bigger object wins. On trails, a hiker is about the smallest, slowest object so it is in your best interest to yield to any other mode of transportation you encounter.

A commonly used trail sharing sign is shown here.

The rules are:

- Bikers yield to hikers and horses
- Hikers yield to Horses

The concept is that bikers are fast and can stop and go easily so they let everything else have the right of way. Horses are big and unpredictable so they get the right of way.

As a slow, unprotected hiker, I'm not about to argue the right of way with a horse or biker or ATV or anything else I might meet. I will always politely yield the trail and use the time to take a deep breath and say 'Howdy'.

Here are a bunch of tips to make it easier to share the trail with others. Please remember these and try to follow them and pass them on to new hikers:

- Stay on the trail. Do not cut switchbacks or take shortcuts.
- Stay to the right on wider paths.
- Pass on the left.
- When overtaking someone, let them know you are approaching and will be passing on their left. You may hear a biker call out, "On your Left!" as he comes up from behind. That means you should stay to your right.
• Whenever you stop for a view, a rest, or to yield, move off the trail so it is free for others. If you are selecting the spot for a rest, get off on a used area or a durable surface such as a rock, dirt, or snow. Don't just trample off the trail into a nice soft field of grass and flowers.
• Hikers going uphill are working hard and should be given the right of way over hikers coming downhill. Sometimes uphill hikers will prefer to stop and let you pass coming down so they can get a short break. The uphill hiker should get to make the call.
• Greet people you meet. This makes sure they know you are there and is polite. A simple "Howdy" or "Nice Day" is fine.
• When hiking in a group, yield to single or pair hikers. It's harder for a group to get off the trail so often times singles will stop and let you all pass, but it's their call.
• When hiking in a group, hike single file or take no more than half of a wide trail. Make sure everyone in your group understands what actions to take when encountering hikers, bikers, and horses.

When meeting a horse:
• Get off the trail on the downhill side. Horses will tend to bolt uphill when spooked. Also, you waiting on the uphill side looks more like a predator waiting to pounce.
• Quietly greet the rider and ask if you are OK where you are.
• Stand quietly while the horses pass.
• Hike Quietly. Echos are fun, but keep conversations quiet and enjoy the lack of horns, engines, and city noises. There is such a thing as noise pollution. And, in my view, cellphones are the worst form of this pollution.
• Don't leave any markers when hiking off-trail. Cairns, ducks, or little piles of rocks are not needed. If people are hiking cross-country, their compass and map are all they need. Markers tend to concentrate traffic which creates more unmanaged trail scars. Or, markers pop up all over and serve no navigational purpose.
• Read trailhead guidelines. There may be specific rules for the trail you are on.
• Pack It In - Pack It Out. I am always amazed to find litter. It just does not make sense that someone spending time to get out into nature would purposely destroy it. I just don't get it.
• Take a Picture. A pretty rock or a bunch of flowers deserve to remain where they are. We have a need for mementos of our adventures, but picture in your mind what the place would look like if the group before you had taken what you are about to put in your pocket.
• Report vandalism. If there is contact information at the trailhead, tell the managing agency of any destruction or management needs you notice.

**On the Soapbox**

You will run into some people that feel they have a right to do whatever they want outdoors. You'll see areas where horses were tied to trees, ruining the bark and killing the trees. You'll see wide, braided trails around muddy spots with footprints, hoofprints, and tiretracks all adding to the damage. You'll see
washed out gullies created by mountain bikers having fun tearing down the mountain. You’ll have a biker fly past you with no warning.

These are the people that make an impression. Keep your eyes open for them for your own safety, but also recognize the many others that are courteous and polite. And, make sure people put you into the courteous and polite category after they've met you on the trail.
Physical Fitness

A vigorous five-mile walk will do more good for an unhappy but otherwise healthy adult than all the medicine and psychology in the world. ~Paul Dudley White

Before going on any hike it is important that both you and your group by physical fit enough to rise to the challenge. Coming home after a strenuous day hiking and being tired, sore, and out of breath is no fun. The following exercise plan by Hiking Dude will prepare you and your group for any strenuous hiking trip you may undertake.

You really need to prepare three areas before you go out on a serious hike:

- **Hiking muscles** - all your leg muscles plus your core body support. Arms and upper body are not that important for hiking.
- **Cardiopulmonary** - your lungs and heart need to be fit to supply your body with adequate oxygen.
- **Gear** - your feet need to be comfortable with your boots and your hips and shoulders with your pack.

Use these tips and guidelines to safely and effectively get into the hiking life:

- **Ask Your Doctor**
  - Before you start any physical activity, you really should get a doctor's blessing. If you've been inactive for awhile, your doctor may recommend other programs or preventive measures.

- **Enjoy It**
  - Hiking is recreation which means its supposed to be fun. Take your walks someplace clean and green that you can enjoy.

- **Take a Friend**
  - As long as you're practicing hiking in high traffic areas in which you feel safe, you can hike alone. But, for real hikes make sure you have at least one buddy along. It would be great to have this friend do your same hiking schedule, but at least be confident that s/he is capable of completing your planned hike.

- **Be a Turtle**
  - start slow and build gradually. Here's a sample schedule for someone in good health just starting to hike:
In two weeks, taking it slowly, you can be on a routine that provides you with recommended amounts of physical exercise using a gradual increase in distance and exertion.

• **Light is Right**
- Carry only water and a first aid kit. Don't weigh yourself down when starting out and hiking in populated areas. Add safety items like a whistle, pepper spray or whatever is necessary where you live, but wait until you are strong before carrying your pack. And, that first aid kit isn't just for you. I got to help out a neighbor boy that fell off his bike because his mom didn't have bandaids along.

• **Stick To It**
- set aside the 30 or 45 minutes religiously for your hiking training and guard it against all those things that creep into life. Do it after dinner before your favorite TV show. Do it in the morning before your shower. Do it after the kids are in bed. Whatever - do it.

• **Fake It**
- On really yuchy days or for any other reason that you can't get out, use a treadmill or stairmaster for exercise. I find these to be awful boring, but if you have MTV or VH-1 in front of you, its not too bad. Any aerobic activity will help your body get and stay fit - I really love swimming and its a super overall exercise, but getting to the pool is a pain for me.

• **Bulk Up**
- Once you are comfortable hiking three miles in an hour, you can start thinking about what you need to carry on an all-day hike. See Packing for a Hike for some suggestions, but you can figure a 5 to 10 pound pack of food, survival items, and clothes. That weight will really vary depending on where and when you are planning to hike for your all-day hikes.

• **Test Yourself**
- If you plan to go on an all-day hike in a couple weeks, its time to test your body to see if it is ready. On your first all-day hike, don't plan to hike more than about 8 miles because you haven't proven yourself yet. At least once before the real hike, set aside enough time to actually hike your planned distance. On your easier training terrain, hike the 8 miles carrying your full pack. See how long it takes you and how your feet, legs, and body feel. If you didn't feel ready to hike even further, then you're probably not ready yet.

• **Self-Evaluation**
- Take an honest look at yourself. Before going on that big hike, be honest with yourself:
  - **Physical Skills** - Is your body ready for the hike you have planned? Will you be able to hike through the worst weather you might encounter?
  - **Outdoors Skills** - Do you know enough to survive? You need to be able to build a
fire, use a compass, filter water, camp overnight, stay dry, perform first aid, and basically take care of yourself if things go bad.

- **Mental Skills** - Are you mentally and emotionally ready to challenge yourself? How will you handle a twisted ankle, sore knees, getting lost, slow pace, dirty hands, a swarm of insects, or any other thing that may pop up unexpectedly? You need to be emotionally flexible and tolerant as well as confident in yourself.

- **Be a Hiking Dude**
  - Wake up, pack up, and start hiking! Your first real all-day hike will be great! You may be surprised at how rough the trail is, how thin the air is, and how steep the mountain is, but take it slowly and you'll do fine. Even though you were hiking about 3 miles per hour at home, don't expect to cover more than 2 on the trail. Take your time and enjoy what's around you - it shouldn't be a race.

Now that you are a healthy hiker, your body will be itching for more challenge and variety. If a long distance trek is planned in the coming months, consider these suggestions:

- **Bear the Burden**
  - You'll need to increase your pack weight to prepare for all you carry on your trek. Each day of practice, add a couple pounds to your pack until you are at the weight you expect to carry. Don't just load your pack and start carrying full weight or you'll risk blisters, sores, aches, and pains. A backpacking pack will weigh from 20 to 40 pounds.

- **Hike Every Day**
  - If you are preparing for a 5-day trek, then go on practice hikes 5 days in a row before taking a rest day. Daily hikes more closely simulate what you'll have on your trek and prepare your feet and joints to the shorter recovery time.

- **Climb Stairs**
  - If you're in a flat-land area and heading on a mountain trek, you'll need to find pretend mountains to climb. Hiking up and down flights of stairs doesn't fall into the enjoyable category, but it worked for Rocky.

- **Toughen Up**
  - Your hips and shoulders will take abuse carrying a pack for many days. At least 3 weeks before your trek, make sure you carry the pack you'll be using for all your practice hikes. Toughen up your skin and muscles to prevent irritation on the trail.

- **Take a Deep Breath**
  - If you live at low altitude as the vast majority of people do, there's not a lot you can do to get ready for the thin air of a mountain hike. Taking a deep breath and holding it as long as you can...
will help develop your lung capacity. You can do this any time when you're sitting around. Time yourself and see if you are getting better at it. Other than that, just exercising will develop lung capacity.

Of course, you can always just call your buddy and say, "Hey, let's go hike 12 miles on Saturday up Mt. Brokenfoot!" and you might do just fine. Just don't call me!
Safety

I only went out for a walk and finally concluded to stay out till sundown, for going out, I found, was really going in. ~John Muir, 1913, in L.M. Wolfe, ed., *John Muir, John of the Mountains: The Unpublished Journals of John Muir*, 1938

Hiking is a relatively safe outdoor adventure. People get hurt when they do not prepare for bad weather or push their bodies harder than they should. The other most common problem when hiking is getting lost, so it is important to know how NOT to get lost and what to do if it does happen.

When you hike out of the woods and there are no longer rooted trees and plants, it is because you are on ground that can not support life - either sand or rock. And, since sand is just rock that has been pulverized, its all rock and hiking on it safely requires special concerns to keep in mind.

**Sand Hiking**

If you've ever walked on the beach, you've felt the sand give way with every step you take. When you walk on wet sand that is packed, the going is much easier than on dry, soft sand.

When the sand is piled and you are hiking up or across it, every step sinks or slips back making the going slow and more dangerous. Risks of stumbling, twisting your ankle, or causing a sandslide increase as the slope gets steeper and you get more tired. So, go slow, carefully place each step, and look for more stable ground.

**Scree Hiking**

Scree is bits of broken rock piled up at the base of a cliff. In the mountains, daily heating and freezing of moisture on the solid rock causes it to slowly break the rock apart and tumble down. A scree slope will pile up to its steepest possible angle. Depending on the size and shape of the rock chunks, that angle may be shallow or steep.

Any additional rock that falls on the slope will roll down until it finds a resting place or hits the bottom. The same is true for your foot! When you step onto a slope of loose rock, just like sand, it will give way under the weight until the material under it settles with the new weight. This may be 1/32 of an inch or it may be a few inches. In some cases, you may be sliding down the slope along with a couple tons of rock, all looking for stable places to rest.
Established trails across scree tend to be packed indentations where many people have helped push the rock down a bit until there is a slightly wider path across the face of the slope. Scree trails can't have very steep inclines so they typically run straight across or a slight rise. It is very important to remain on the trail and watch your step. I'm not kidding when I say that you can find yourself 100 yards downhill with 1 to 5 pound rocks bouncing all around you from just one mis-step.

**Screeing** is a fun, very dangerous tactic of quickly descending a scree slope. If the scree is small enough and deep enough, you can kind of ski down it in your boots. You are actually creating a mini-rockslide and riding it down. Make sure there are no larger rocks to trip you up and no one below you. And, there's a good chance you will take a tumble, so doing it only on grape or orange sized scree rather than cantelope and watermelon sized scree is a good idea.

**Talus Hiking**

**Talus** is really what scree is. People just tend to call smaller bits of rock Scree and bigger stuff Talus. Really big Talus is called Boulders. It's all the stuff that has broken off of mountains and piled up. Depending on the composition of the original rock, the pieces of talus will be tiny, huge, or somewhere in between.

This type of hiking can be very dangerous and takes a lot of effort, but when things are just right, you feel just like a wild mountain goat scampering wherever you want to go. Boulder hopping is when you step or hop from one boulder to the next in a large field of talus. In good hiking boots with grippy rubber soles, on dry rocks this is fun. Instead of working your way between big rocks, you are stepping on the tops of them.

After practice and you are sure of your strength, balance, and ability, you can practically dance down a boulder field. Know where you are landing and have the next couple of steps already planned ahead. I usually hop back and forth when descending a steeper field because the change in direction helps slow me down - its kind of like turning on skis to slow down.

**Cautions on Rock of All Sizes**

- It's easy to miss a step. Twisted ankles, scraped shins, broken bones are all things to consider. If you are going to boulder hop, think ahead about how you will get out with a broken leg. If you don't think you can, then you should find a different trail or go slowly and carefully.
- Don't even try rock hopping if it is raining, or your boots are wet, or its cold enough for ice. Any slippery surface will be disastrous.
- It will take a long, long time to cover a mile. Reduce your distance expectations if part of your trail is on loose scree or talus.
- Chances of slips and failing rock are greater on the descent than the ascent. You are hitting with
much more force coming downhill.

- Don't hike up a slope at a steep angle. Go across in a switchback style. This gives the rock a better chance to accept your extra weight and keeps the person behind you out of your 'rock shadow' - that danger area where you will kick loose rocks.
- If you kick loose some rocks, yell "Rock!". If you hear someone above you yell "Rock!", crouch down and cover your head. It's not cool to yell "Rock!" as a joke - kind of like yelling "Fire!" in a theatre.
- Stay completely focused on where you are putting your feet. Checking out the scenery should only be done when you stop to rest.
- Use hiking poles for more support on loose rock. If yours have metal tips, they may be more dangerous if you are stepping from rock to rock.

**Navigation**

Seriously, if you don't know how to read a topographic trail map and use a compass, then don't go hiking. Seriously. Having someone in your group that knows how to use them is not good enough. You'll get separated from him and then you'll be in big trouble.

You really should learn how to use a compass.

**Stay On Course**

On many frontcountry hiking routes, such as state parks and nature centers, all you need is a simple trail map of the area. It's only a few miles on a well-traveled route so your chances of getting lost or injured are pretty slim. But, even there, a thunder storm, accident, or recent trail damage may force you to take a detour and loose the trail.

On backcountry treks, understanding a topo map will help you plan where the more difficult steep ascents are and where you will have nice views from high ridgelines or be stuck in a gully with no view but the trail ahead. By reading a topo map at home, you can visualize what the terrain looks like even before you ever see it. You'll know the name of a high mountain in the distance and more importantly know it is East from where you are hiking in case you become disoriented.

Your compass is the other half of the navigating toolset that you need to bring. In some areas with enough visual landmarks, you can do just fine with a map alone. A compass alone can keep you heading in a certain direction, but you don't know what you are heading towards. For all areas, a map and compass together can get you home along the safest of routes. Using your compass to orient yourself and your map and then identifying objects on the map in your real world will keep you going the right direction.

Global Positioning Systems are very common now. Unfortunately, some people think they are magical
devices that keep people from getting lost - Nope! They are useful tools, but you still need to know how to use your specific model and you need a trail map. And, if they run out of batteries, get wet, or break, then it would be a good idea to have a compass as a back-up.

**If you get lost**

Despite all your preparations, planning your route, knowing how to use a map and compass, it still happened - you're lost! So, now what should you do?

Following some simple guidelines will greatly improve your chances of being rescued rather than recovered - if you know what I mean. They are simple guidelines, but over and over again people lost in the woods just can't seem to follow them. Sometimes, it takes a strong will to stay under control and do what is needed.

The Number One tool needed for survival when you are lost or injured in the wilds is a **Positive Mental Attitude**. You should continually tell yourself that you have to get home. When you panic or lose hope, the situation becomes fatal.

The Number One thing you should have done before you got lost is something you should have done before ever stepping on the trail. Leave Your Hiking Plan and expected return time with someone, they can report you missing if you do not check in with them at your return time. If you also left this information with a ranger at the trailhead, they'll know quickly when you are not back.

**STOP** - As soon as you realize you may be lost, stop, stay calm, stay put. There is nothing you can do about whatever got you to this point - all you can do now is solve the problem of getting out of the situation. The further you walk, the longer it will take rescuers to find you. If you don't know where you are, walking further has at least a 75% chance of being the wrong direction. If you are not safe where you are, then move to someplace safe and stop there.

Sit down, take a drink of water, eat a handful of trail mix, and relax while you think things over.

**THINK** - Go over in your mind how you got to where you are. What landmarks should you be able to see? Were you heading North or West?

Do not move at all until you have a specific reason to take a step. Walking around while thinking is not good, sit on a rock or log while you observe your surroundings.

**OBSERVE** - Get out your compass and determine the directions from where you are currently sitting. Using your map and the general area where you are, identify landmarks that you should be able to see. This step is often enough to get re-oriented and sure of where you need to go to get back on
track.
Consider your situation. Estimate how long you have until dark. Check out the weather and determine if it looks like it will be getting better or worse. Check your water and decide how long it should last. Consider the other hikers in your party and how they are doing when you plan your next steps.

**PLAN** - Based on your thinking and observations, come up with some possible plans and then act on one of them. Prioritize the needs of your group and deal with them in turn. If you are confident that you have determined the way to go and have time before dark to reach a known spot, such as the marked trail on your map, then go carefully and obviously mark your route with stacked rocks, sticks stuck in the ground, or strips of cloth from your bandanna. If you are not very, very confident in the route, then its better to stay put.

**Surviving Until Found**

So, you make the best choice and decide to wait to be found. Now, you need to take steps to ensure rescuers find a live person and not a body. There are a handful of problems that tend to be the most common threats to your chances for survival. Be aware of these and be ready to combat them:

- **Loneliness** - If you begin to feel lonely and bored, it means you are not taking your situation seriously enough. When lost, the only resource you have is yourself. Either you are not really convinced that you may die or you've given up - either way, this is a common threat to lost hikers. To combat this, make a list of useful tasks that need to be done and stay busy doing them. Things like collecting water, firewood, bedding, and insulation materials, or setting up signals. There should always be something else to be done. Even sleeping is a survival task that rests your body and conserves energy.

- **Fear** - There have been plenty of scary movies made about bears, wolves, cougars, and other nasty wild animals. When you're alone with just your pocketknife for protection, fear about what might be out there can build up. Also, being afraid that no one will find you, or that you'll get hurt, or that it will snow tomorrow can all work against you. Everyone will experience some fear when lost, but turning that fear to a motivating driver is your goal. Being afraid of the cold night ahead, you quickly build a small shelter, make a fire and gather plenty of wood for the night. Being afraid a plane might not see you, you lay out some bright cloth and have leaves and green boughs ready to throw on the fire. Or, you curl up in a ball and wait for a miracle. Fear can motivate or paralyze - you need to control it or it will control you.

- **Thirst** - You can last 3 minutes without air, 3 days without water, and 3 weeks without food. Don't worry about collecting berries or eating pine nuts. Dehydration is the most common physical ailment of lost hikers. Find a water source, filter or treat the water, and keep your body hydrated. Even if you can not treat or filter the water, it is better to be sick a week from now...
rather than dead 3 days from now.

- **Exhaustion** - Whenever you feel tired, you should try to sleep. Catnaps all day long may be what you need, especially if you were too cold or scared to sleep at night. When you are tired, you can not complete your tasks effectively and you are more apt to become injured. Get as much rest as your body seems to need.

  By making a somewhat comfortable and warm sleeping area and shelter, you are more likely to sleep better and this will help you ward off the other threats.

- **Hot/Cold** - Unless the temperature where you are lost is right around 90 degrees, your body will either be fighting to stay warm or to cool off. Not being prepared to combat the weather will be disastrous. **Hypothermia** and **heat illness** are two very common problems effecting found survivors, and both can be prevented with preparation and sense.

  Staying dry and warm are two of the most important tasks you have when lost. When you are wet, your body gets colder much faster and you can die from hypothermia when its 60 degrees. Preventing unnecessary sweating is a good goal to help keep you dry. When clothes do get wet, do whatever you can to dry them out as soon as possible. Using the sun or your survival fire are good options.

- **Injury** - Of course a broken leg is going to really reduce your ability to get anything done. But, even small cuts and scrapes and burns can become serious in the dirty outdoors. Its important that you clean and treat any wound you might get immediately to help prevent infection. A burn or cut on your hand can make gathering wood or filtering water more difficult. Every small thing makes survival a bit harder and you don't need the extra challenge.

- **Hunger** - anyone lost for more than a day when they were just going on a day hike will probably experience hunger. Every day that you don't eat is another day you are consuming your body's stores and becoming weaker. Fortunately, you can go many days without food, but every day will see you weaker. It's important to complete all the survival tasks you can early on so you aren't required to do them as you weaken. It's also important to understand what edible plants are available to you.

### Signaling for help

One of the tasks you need to consider if you get lost or are injured and can not reach the trailhead, is a way to get attention of rescuers. Depending on the environment where you are stuck, you can signal for help in many different ways. It's a good idea to set up a few different ways, if you can.

Be sure to set up your signals in the most visible place available to you so they can be seen from as many directions as possible.

### Call For Help

In some frontcountry hiking areas, cell phone reception is pretty good. The further from civilization you go, the less helpful a cell phone becomes. In the areas I hike, they seldom work so I never take one along.
If you don't mind the extra ounces of weight and space used up in your pack, then it won't hurt to have one. It would sure be courteous to the rest of us if you left it turned off and only really used it for emergencies. I can't think of anything more annoying than hearing a ringtone down the trail while I'm soaking up some sun on a rest break along the trail.

**Rule of Three**

In the United States, three of something signifies that help is needed. That could be three whistle blasts, three gun shots, three piles of dark wood on light sand, or three fires burning. The fires can be in a line or a triangle, but make sure they are pretty far apart and in an open area to be seen from overhead.

If you are using a whistle, blow three distinct times and then wait 3 to 5 minutes and blow three blasts again. Continue to do this every 15 minutes or so.

**Signal Mirror**

Reflecting the sun's light to distant places, such as an airplane or helicopter, can be very effective at getting attention. A mirror can reflect light miles across the open. If you can get to a high spot, you can spend time signaling to distant places on the horizon until you see an airplane flying. It's better to signal at a plane that is in the distance rather than one that is up above you since the pilot can't see straight down.

There are specially made signaling mirrors with a hole in the center for sighting. But, any shiny surface can work - a compass, watch, knife blade, ... are all possibilities.

Sight the reflection on the distant target and keep signaling it until you get a response, such as the plane dipping its wings or the helicopter circling overhead.

**Smoke**

Once you have your survival fire going, gather more wood into an open area and lay a large fire ready to be lit. Also, gather dry leaves, pine needles, moss, green pine boughs, and a bottle of water. This will be your signal fire and you want it to be pretty big and as smoky as possible.

When you have enough wood and material to create smoke, light the fire. You may want to wait until morning if it is already dark for the evening - chances of a search party coming out at first light is greater. On windy days, smoke will dissipate quickly so early morning tends to be less windy than evening, too.
Get your fire burning and then add smoke materials to create a large column of smoke. As you experiment, you can figure out how much material to add to create smoke but not smother the fire too much. Creating a large puff of smoke periodically rather than burning all your materials right away may increase your chances of being seen.

**First Aid**

Major injuries from hiking are rare. Walking doesn't tend to break bones or kill people. But, there are a whole bunch of smaller injuries and ailments that can make your day miserable. Being ready for the majority of them will make your trips more enjoyable and may help someone else that was not prepared.

**First Aid Guidelines**

If a member of your hiking party is injured, you need to follow three guidelines. The highest priority is first, followed in order by the other two:

- **Stay Alive** - yourself, others, and the victim. Especially yourself. If you are unable to help, then no one gets out alive.
- **Stabilize Injury** - stop the injury from doing further damage to the victim. Stop bleeding, remove them from the cause.
- **Start Recovery** - make the victim better. Fix the injury or ailment as much as possible.

You always have to keep yourself safe. Then, you need to ensure the survival of everyone else. This means getting the group to warmer shelter if one person is becoming hypothermic rather than having everyone stop to help that one person. This means running out of the way of a rockslide rather than jumping into it to save someone falling. If someone is injured or sick, you need to check that every action you are taking follows one of the three guidelines. If it does not, then it is probably not a necessary action.

**Prevention**

It is so much easier to provide first aid by preventing the need for it in the first place. Easily the biggest hazard for hikers is the environment - changes in weather or ill-prepared hikers get into the most trouble. Make sure everyone in your group has the necessary abilities to successfully complete the planned hike. Make sure they have proper clothing, plenty of water, and extra food. Everyone should have a small personal first aid kit and there should be one more complete kit for the group.
Before you go hiking in a new area, find out about poisonous plants, snakes, insects, dangerous animals, and other possible hazards.

**First Aid Kit**

You can easily buy a ready-made first aid kit and there are some very good ones available through the links over on the right. You may be able to save space by making your own, or by replacing some parts of a purchased kit. It is important that you know the purpose of and how to use every item in your kit - otherwise it's just extra weight. You won't have much time to read a manual while administering to an injury.

Reading up on wilderness first aid or even taking a course about it can be very helpful. Medicine for the Backcountry by B. Tilton has a good reputation. If you are going into the backcountry, its a good idea to have a small first aid pocket guide along. There are quite a few available, most with help on diagnosing and treating ills and injuries. Wilderness Medical Institute in Colorado offers classes around the country but there are other organizations too.

Inspect your kit before every outing and make sure the gear is clean and supplies are in good condition. Replace expired medications and add items that would have been helpful on your last trip. Be sure the kit is easily accessible and everyone in the group knows who has it.

However you decide to go, the following is a list of items commonly agreed on as being essential for a first aid kit:

- Waterproof container - a strong zip-loc bag or plastic-lined kit bag. If it isn't waterproof, it will be a mess.
- Nitrile exam gloves
- CPR face shield
- Bandages:
  - Elastic roll bandage
  - Adhesive tape
  - Adhesive bandages, assorted sizes
  - Butterfly bandages
  - Gauze pads
  - Triangular bandage
  - New Skin in small plastic bottle; cuts, abrasions
  - Moleskin and molefoam; blisters, irritation
- Consumable Items:
  - Alcohol swabs
  - Antiseptic ointment
- Chemical heat and cold packs
- Cotton swabs
- Dry-wash pads or wipes

**Other Gear:**
- Mirror, small and unbreakable
- Safety pins
- Scissors
- Tweezers
- Bulb irrigating syringe

**Drugs:**
- Antacid
- Antibiotic (Dicloxacillin, etc.); skin infections
- Antihistamine (Benadryl, etc.); allergic reactions, insomnia
- Anti-inflammatory (Ibuprofen); inflammation, pain
- Hydrocortisone cream (soothes allergic skin)
- Potable Aqua; iodine water treatment
Equipment

Everywhere is walking distance if you have the time. ~Steven Wright

Hiking Ten Essentials

Ten or nine or fifteen, the actual number doesn't really matter but there is some equipment used for hiking that everyone really, really, really needs to have whenever they step outside. I would even say you should have most of these things with you whenever you are more than 5 minutes from home.

Consider these items that I've listed with what I feel are the highest priority items first, but the first 10 are all really #1:

1. **Common Sense** - well, not in my fanny, but with me at all times. :-) Good judgment saves more people than any equipment. Poor judgment kills. If dark clouds are approaching, go home. If your heel feels hot, stop hiking. Obey signs and guidelines and think about what you are going to do before you do it.
   The word "touron" is used by National Park employees - it is a combination of "tourist" and "moron" - don't be one.
   This includes having your trek plan and leaving a copy of it with a friend at home.

2. **Pack** - I get all my stuff into a fanny pack, except for my water. You may choose a bigger pack instead, but make sure it is good quality and comfortable.

3. **Map & Compass** - Whether you've been on this trail 50 times or this is your first, there is always a chance of getting lost. Unexpected injuries, bad weather, a closed trail, wild animals may all require an immediate change in route.
   A compass is not like an insurance policy - just having it does you no good. You have to know how to use it properly along with reading your map correctly so you can stay on course or get back on course. Having just a compass or just a map is not good enough; treat them as a single team.

4. **Water** - One quart of water weighs 2 pounds. That's why so many people don't bring enough water on hikes. But, you need at least 3 quarts per day. It's a good idea to drink plenty of water before your hike to get your body well hydrated.
Many people carry Nalgene bottles - practically indestructible plastic bottles in any color you can imagine. A hydration system that carries water on your back, such as Camelbak, is a popular, flexible way to take water along. I prefer carrying two bota bags because I can carry them many different ways and they are still flexible and inexpensive.

If you know there is a potable water source on your route, you can plan a refill there. Or, take along a lightweight water filter to collect water from a lake or stream.

5. **Flashlight** - Even if you start hiking at 6:00am and will be finished by 11:00am, still take your flashlight. An injury or bad weather can easily keep you out through the night. LED headlamps are very bright, very small, inexpensive, and last a long time.

6. **Food** - Your body will expend lots of energy hauling you all over the hills. Continually snacking throughout the hike is a good way to keep the tank full and the motor running. If you wait to drink when you feel thirsty and wait to eat when you feel hungry, your body will already be in need. It's better to drink and eat a bit often throughout the day to stay strong.

High energy, compact foods are good choices because they take up little space. You should carry at least 2000 calories of food. See my hiking food page for more information.

7. **Raingear & Clothes** - A $5.00 plastic poncho is fine for quick protection from a passing thunderstorm. If you are a summer hiker at low elevations, then that's probably all you need for raingeer. But, I hike in the mountains and rain can feel more like ice up there and the implications of not being prepared can be deadly. I always take a good raincoat with hood and rain pants. I can wear the extra layer to stay warm when the temperature drops, to stay dry in fog and dampness, and to shed rain or snow. The pants are critical and often overlooked.

Extra clothes need to be kept dry so you should put them in a big ziploc. Include at least a hat, pair of socks, polypropylene long underpants and undershirt. Avoid cotton clothes. See the hiking clothes page for details on clothes to wear and take.

8. **Firestarter & Matches** - I always have matches in film cannister, cigarette lighter, and magnesium sparker. That's three ways I can get warmth if I get caught in a bad situation. The magnesium lighter weighs quite a bit, but it is my final backup that works when wet.

You might want to take waterproof matches, but cheap ones are not really waterproof and expensive ones are *really* expensive. Plus, they tend to get used for non-emergency tasks like lighting a campfire.

9. **First Aid Kit** - a small kit with basic supplies like moleskin, tweezers, bandaids, antiseptic wipes, gauze pad, and tape is adequate for most problems.

10. **Knife** - I love my knife. I usually have a stick on backpacking treks that I spend time carving on breaks and around camp. Make sure your knife is sharpened before you leave home. A pocketknife with a 3 inch blade is fine - no need for a big Bowie knife.

11. **Sunglasses & Sunscreen** - Bright sun is very hard on your eyes. The squinting can give you headaches too. Wearing good sunglasses will make the day much more pleasant and safe.
Glacier glasses are my favorite because they have removable side screens and curl around my ears so they stay on - plus, they look way cool.

Long sleeve shirt and a wide-brim hat really should be worn when you are hiking all day. Add sunscreen to your exposed parts and your skin will thank you. Use a sunscreen that has no perfume so you don't attract bugs and critters.

12. **Whistle** - All you need to do is blow air. Even if both your legs are broken and you are at the bottom of a cliff, you can still use it and the sound of a whistle can carry far to rescuers. Only use it for emergencies, not just for the fun of it while hiking.

13. **Insect Protection** - DEET is your friend. Latest research from the EPA has shown that DEET is safe for all family members to use. DEET really works, too. I've tried lots of different kinds of repellents in Minnesota/Wisconsin where there are plenty of mosquitos, ticks, and other critters. I've found that mixing one ounce of 100% DEET into a 6 oz. pump bottle of 6% or 7% DEET repellent creates a 20% DEET mixture that keeps everything away. I use this on week-long backpacking trips too.

I also have an insect repellent shirt and pants. I don't think they really work, at least not for the aggressive bugs I encounter. But, just having long sleeves and long pants protects much more of your body so the problem is reduced. Wearing very light long shirt and pants is actually a good thing and not too hot for most hiking.

14. **Key & License** - I leave all my pocket junk locked in my car except for my identification and key. Makes things lighter and I won't be charging it out where I'm headed.

15. **Change** - This is just an old habit. I carry 4 quarters all the time. In the wilderness, its silly, but if you need to call for help at the end of your hike, it might be nice. Most people take a cell phone now, but I don't have one.

16. **Nylon cord** - There are too many uses to list for a piece of thin cord, from making a new shoelace to an emergency shelter. It's just a good piece of insurance.

17. **Trash Bag** - Roll up a heavy-duty lawn bag for emergencies. There are lots of potential uses and it takes little space.


Remember, this list of equipment used for hiking may need to be tweaked for your specified environment. But, don't be foolish and head out without adequate gear, knowledge, and ability.
**Equipment Descriptions**

The following is a list of equipment, along with prices, pictures, and a description. If you have ever spent time in an outdoor store such as REI you know how easy it is to drain your bank account. Though this list and prices may sound daunting, you usually only need to buy your equipment once, then replace individual components as needed. Quite often you can find comparable equipment around your home, or possibly in an existing hiking pack.

**REI Campware Utensil Set**

$6.00

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<tr>
<td>Material</td>
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**Snow Peak Titanium Multi Compact Cookset**
Kit includes 34-fl. oz. and 26-fl. oz. pots, plus lids that also double as a 12 fl. oz. sauce pan and 17 fl. oz. fry pan
Each pan has a handle that folds flat for packing
Rounded bottom edges are easy to clean and improve heating efficiency
Inner nesting pot is sized to store a Snowpeak Giga™ 110 gram fuel canister (sold separately)
Comes with a lightweight nylon mesh storage bag; stowed Dimensions 6-1/8d" x 4h"
34 fl. oz. pot = 2-7/8 inches (height) x 5-7/8 inches (diameter)
26 fl. oz. pot = 2-3/4 inches (height) x 5 inches (diameter)
17 fl. oz. fry pan = 1-1/4 (height) x 6-1/8 inches (diameter)
12 fl. oz. fry pan = 1-1/4 (height) x 5-3/4 inches (diameter)

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<td>Material</td>
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REI Chefware Espresso Cup

$8.50
• Double-walled stainless-steel construction insulates your beverage
• Features a single-finger loop handle
• Very easy to keep clean; polished finish resists rust

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<td>Dimensions</td>
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MSR Pocket Rocket Backpacking Stove
$39.95

Hands-down winner in the race for space! The tiny MSR Pocket Rocket stove delivers full-size performance yet fits into the smallest corner of your pack.

• Lightweight and compact, weighing just over 3 oz., the Pocket Rocket boils a liter of water in less than 4 min.!
• Stove is simple to operate, with no priming, preheating or pressurizing required; simply turn it
on, light and start cooking

- Fully-adjustable flame, from a rolling boil to a slow simmer, lets you cook gourmet meals; control valve is easy to operate even with gloved hands
- Serrated pot-supports prevent the pot from shifting; folds up compact for travel
- Compatible with most self-sealing canister fuel, making it a great choice for global travel
- Includes a protective, custom-fit travel case
- Fuel canister sold separately
- Weight includes stove, not the canister

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<td>Pot stability</td>
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Snow Peak Giga Power Fuel Canister - 110 grams

$3.50
Isobutane/LPG fuel mixture in a compact canister for use with the Snow Peak Giga Power stove and lantern.

- Tests have shown this fuel to operate the Giga Power stove in temperatures as low as 17°F
- Average boiling time: 3.5 minutes for 1 liter of water
- Fits other brand canister stoves and lanterns with Lindel valve

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<tr>
<td>Suggested use</td>
<td>Fuel for stove or lantern</td>
</tr>
<tr>
<td>Dimensions</td>
<td>3.5 x 2.6 inches</td>
</tr>
<tr>
<td>Weight</td>
<td>7 ounces</td>
</tr>
</tbody>
</table>

Windmill Delta Stormproof Lighter

$55.00

Shockproof and stormproof, this refillable Windmill Delta lighter brings forth fire in even the direst of weather conditions.

- Catalyzer coil provides a powerful flame that can withstand 70 - 80 mile per hour winds; lighter burns a clean, hot flame at 2,000°F
- Reliable piezoelectric ignition system delivers over 30,000 ignitions
- Adjustable gas flow allows usage at varying elevations
- O-ring seals keep water out when the cap is closed; stainless-steel wire flips down to ensure cap stays closed
- Refills easily with premium butane gas, sold separately; visually monitor fuel level with the Fuel Level Indicator
- Please note: Unit ships without butane gas

<table>
<thead>
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<th>Description</th>
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<tbody>
<tr>
<td>Weight</td>
<td>2 ounces</td>
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<tr>
<td>Dimensions</td>
<td>2.5 x 2 x 0.75 inches</td>
</tr>
<tr>
<td>Material</td>
<td>Elastomer</td>
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</table>
MagLite Mini Maglite AA Flashlight with Holster
$12.00
Packaged with a nylon holster, the compact and convenient Mini Maglite flashlight travels easily on a belt or packed away in a bag.

- Krypton bulb and highly refined reflector create a bright beam to light up your nighttime adventures
- Beam adjusts from spot to flood simply by twisting the head
- Rugged anodized aluminum construction with knurled design is corrosion and water resistant
- Converts to freestanding candle mode for hands-free lighting
- Nylon holster has a loop on back that allows you to attach the holster to a belt or pack; rip-and-stick flap secures flashlight in holster
- Belt holster, spare bulb and 2 AA alkaline batteries included

<table>
<thead>
<tr>
<th>Specification</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bulb type</td>
<td>Krypton</td>
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<tr>
<td>Weight with batteries</td>
<td>4.15 ounces</td>
</tr>
<tr>
<td>Dimensions</td>
<td>6.6 x 1 inches</td>
</tr>
<tr>
<td>Brightness (lux @ 2 meters)</td>
<td>145.4</td>
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<tr>
<td>Maximum beam distance</td>
<td>48.2 meters</td>
</tr>
<tr>
<td>Brightness levels</td>
<td>1</td>
</tr>
<tr>
<td>Beam type</td>
<td>Adjustable</td>
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<tr>
<td>Strobes</td>
<td>No</td>
</tr>
<tr>
<td>Regulated output</td>
<td>No</td>
</tr>
<tr>
<td>Battery life at 70 degrees</td>
<td>5 hr. 46 min.</td>
</tr>
<tr>
<td>Batteries</td>
<td>2 AA</td>
</tr>
<tr>
<td>Weight</td>
<td>Aluminum</td>
</tr>
</tbody>
</table>
Our Quarter Dome T1 tent uses an innovative new design to create a strong, ultralight tent with generous interior volume and an easy setup.

- This solo tent weighs in at only 2 lbs. 12 oz. and its rectangular floor plan with area-wide headroom offers flexibility in space usage
- Tension Truss architecture creates superior structural integrity and generous head room
- Dry entry/exit vestibule design ensures water won't drip into the tent when doors are open during rainy weather
- Preassembled hub/pole set, pole clips and color-coding ensure a quick and easy setup; poles break down small to fit easily in your backpack
- DAC Featherlite® NSL poles help make this tent ultra light
- Seam-sealed bathtub design and water-tight corners create a waterproof floor
- Active climate control uses flow-through chimney ventilation to keep air moving through the tent to reduce condensation; vents operate from inside
- No-wick construction ensures that water won't sneak through susceptible areas such as guy-out points, polewraps and zippers in wet conditions
- Abundant pockets keep your tent tidy; door cleanly stashes away in its own pocket
- Attention to detail shows in the reflective guy points and adjustable cleat-lock tie-downs on the rainfly
- Save weight and create a minimalist shelter by using just the rainfly, poles and footprint (sold separately)
- Comes with guylines and tighteners, stakes, pole repair tube, pole and stake bags and tapered, easy-to-stuff compression stuff sack
- Average minimum weight specification is based on tent, rainfly and poles only
<table>
<thead>
<tr>
<th>Specification</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Season</td>
<td>3-season</td>
</tr>
<tr>
<td>Design type</td>
<td>Freestanding tent</td>
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<tr>
<td>Sleeping capacity</td>
<td>1</td>
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<tr>
<td>Average minimum weight</td>
<td>2 lbs. 12 oz.</td>
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<tr>
<td>Average packaged weight</td>
<td>3 lbs. 4 oz.</td>
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<tr>
<td>Average weight - metric</td>
<td>1.47 kilograms</td>
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<tr>
<td>Floor dimensions</td>
<td>81 x 26 inches</td>
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<tr>
<td>Floor dimensions - metric</td>
<td>205 x 66 centimeters</td>
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<tr>
<td>Floor area</td>
<td>14.6 square feet</td>
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<tr>
<td>Vestibule area</td>
<td>6.2 square feet</td>
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<tr>
<td>Peak height</td>
<td>37 inches</td>
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<tr>
<td>Peak height - metric</td>
<td>94 centimeters</td>
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<tr>
<td>Doors</td>
<td>1</td>
</tr>
<tr>
<td>Canopy fabric</td>
<td>Ripstop nylon</td>
</tr>
<tr>
<td>Floor fabric</td>
<td>Coated ripstop nylon</td>
</tr>
<tr>
<td>Rainfly fabric</td>
<td>Coated ripstop nylon</td>
</tr>
<tr>
<td>Number of poles</td>
<td>1 pole assembly with 2 hubs</td>
</tr>
<tr>
<td>Pole material</td>
<td>Aluminum DAC Featherlite NSL</td>
</tr>
<tr>
<td>Pole diameter</td>
<td>8.5 millimeters</td>
</tr>
<tr>
<td>Packed size</td>
<td>6.5 x 19.5 inches</td>
</tr>
</tbody>
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Potable Aqua Iodine Tablet

$6.50
These iodine tablets are a lightweight and economical way to deactivate giardia and bacteria.

- Iodine tablets kill the protozoa giardia and bacteria without the weight, bulk and cost of a water filter
- Includes 50 tablets; two tablets treat a quart of water
- Caution: Iodine tablets do not kill the protozoa cryptosporidia, nor are they intended for use against viruses

<table>
<thead>
<tr>
<th>Specification</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Weight</td>
<td>50 tablets</td>
</tr>
<tr>
<td>Material</td>
<td>Iodine</td>
</tr>
<tr>
<td>Output</td>
<td>25 quarts</td>
</tr>
</tbody>
</table>

Leatherman Surge Multi-Tool
$94.95
A work-site juggernaut, Surge features easy-to-unlock blades, two bit-drivers with bits, plus a unique blade exchanger for added versatility.

- Made from 100% stainless steel to provide years of dependable service; each implement is heat-treated to optimal hardness for its function
- Secure, ultra-sharp blades are easy to open and close using lock-release on the outside of the handles
- Tools rotate individually, letting you easily grab one at a time
- New jaw design creates the strongest needlenose and regular pliers in the Leatherman® line
- 154 CM clip-point knife, serrated knife and a saw are easily accessible and efficiently handle cutting tasks
- Cross-cut file is designed to work effectively on wood or metal; ruler measures up to nine inches
- Unique blade exchanger lets you choose between a saw blade and a file
- Includes two bit-drivers with two double-end steel bits with 3/16-inch screwdriver, plus #1 and #2 Phillips screwdrivers
- 5/16-inch screwdriver, crimper, scissors, can/bottle opener, lanyard ring, awl with thread loop, and Phillips/flat tip eyeglasses screwdriver
- Wire strippers and newly designed wire cutters, hard-wire, and stranded-wire cutters offer 58% more cutting area
- Comes with Leatherman® leather carrying sheath

<table>
<thead>
<tr>
<th>Specification</th>
<th>Description</th>
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<tbody>
<tr>
<td>Weight</td>
<td>12 ounces</td>
</tr>
<tr>
<td>Closed length</td>
<td>4.5 inches</td>
</tr>
<tr>
<td>Length of blade(s)</td>
<td>3 inches</td>
</tr>
<tr>
<td>Handle material</td>
<td>Stainless steel</td>
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<tr>
<td>Blade material</td>
<td>154 CM stainless steel</td>
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<tr>
<td>Blades</td>
<td>2</td>
</tr>
<tr>
<td>Blade type</td>
<td>Serrated/drop point</td>
</tr>
<tr>
<td>Phillips screwdriver(s)</td>
<td>2</td>
</tr>
<tr>
<td>Standard screwdriver(s)</td>
<td>2</td>
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<tr>
<td>Item</td>
<td>Included</td>
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<td>--------------------</td>
<td>----------</td>
</tr>
<tr>
<td>Eyeglass screwdriver</td>
<td>Yes</td>
</tr>
<tr>
<td>Bottle opener</td>
<td>Yes</td>
</tr>
<tr>
<td>Can opener</td>
<td>Yes</td>
</tr>
<tr>
<td>Wire stripper</td>
<td>Yes</td>
</tr>
<tr>
<td>Scissors</td>
<td>Yes</td>
</tr>
<tr>
<td>File</td>
<td>Yes</td>
</tr>
<tr>
<td>Lanyard ring</td>
<td>Yes</td>
</tr>
<tr>
<td>Wood saw</td>
<td>Yes</td>
</tr>
<tr>
<td>Pliers</td>
<td>Yes</td>
</tr>
<tr>
<td>Wire cutter</td>
<td>Yes</td>
</tr>
<tr>
<td>Open length</td>
<td>7 inches</td>
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<tr>
<td>Hard-wire cutters</td>
<td>Yes</td>
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<tr>
<td>Awl</td>
<td>Yes</td>
</tr>
<tr>
<td>Ruler</td>
<td>Yes</td>
</tr>
</tbody>
</table>

Sawyer Extractor Snake Bite Kit

$14.95
Use this vacuum pump for the safe extraction of venoms and poisons.

- Because no blades or knives are needed, the risk of infection is significantly reduced
- Small, reusable vacuum pump draws venom from below your skin in one quick motion
- Comes with 4 different sized plastic cups for suction to cover various sized stings or bites
- Kit includes pump, antiseptic, bandages, razor (for hair removal), and instruction manual

<table>
<thead>
<tr>
<th>Specification</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Suggested use</td>
<td>Sting relief/venom removal</td>
</tr>
<tr>
<td>Weight</td>
<td>4 ounces</td>
</tr>
<tr>
<td>Dimensions</td>
<td>4.63 inches</td>
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</tbody>
</table>

REI Backpacker First Aid Kit
$46.50
Our REI® Backpacker First Aid Kit has custom-size see-through pockets ideal for quick identification and immediate access to first aid items.

- Contains a wide assortment of bandages and essentials for treating anything from common complaints such as blisters and splinters to larger wounds
- For wound management: irrigation syringe, 9" x 5" abdominal or pressure pad and 1 pair latex-free gloves
- Bandages: 3" x 4" non-stick pads (2), 2" x 2" gauze pads (8), 4" x 4" gauze sponges (8)
- Also 3 in. x 4.1 yds. stretch gauze roll, 2 in. x 4.1 yds. stretch gauze roll, knuckle elastic bandages and fingertip elastic bandages (5 each)
- And butterfly closures (10), 3/4" x 3" adhesive bandages (5) and 1" x 3" adhesive bandages (10)
- For blisters: 3" x 4" moleskin (4), 1 in. x 10 yds. tape; for sprains or breaks: 3 in. elastic bandage and 3.75" x 30" wire splint
- Antibacterial wipes (3), triple antibiotic ointment (3), sting relief wipes (3), hydrocortisone (2), aloe vera gel, pvp iodine wipes (12)
- Cotton swabs (6), antimicrobial hand wipe, and sealable waste bag
- Medications include: Cetafen Extra® (6), Nutralox® (6), Proprinal® (6), antihistamine (4), and pill vials (4); labels (4)
- Other necessities: 4.5 in. bandage scissors, 3.5 in. splinter forceps, safety pins (6), accident report forms (2) and pencil
- All of this, plus "The Wilderness First Aid Manual" by Dr. William Forgey, is contained in a durable, nylon organizer bag with handles
- Compact, lightweight kit weighs only 25 ounces.
<table>
<thead>
<tr>
<th>Specification</th>
<th>Description</th>
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<tbody>
<tr>
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<tr>
<td>Dimensions</td>
<td>11 x 6.5 x 3 inches</td>
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<tr>
<td>Material</td>
<td>Nylon packcloth</td>
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</tbody>
</table>

Mini Fox 40 Safety Whistle

$5.50

This emergency whistle designed for paddling use allows rescuers or fellow paddlers to locate you quickly.

- Compact, "pea-less" design allows the whistle to drain immediately, sound off instantly and avoid freezing up or jamming
- Cannot be overblown -- the harder you blow the louder it sounds
- Lanyard ring allows for easy attachment to PFD's, belts, or neck loops
- Patented three-chamber design produces a high pitched, intense and penetrating trill

<table>
<thead>
<tr>
<th>Specification</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Suggested use</td>
<td>Emergency rescue</td>
</tr>
<tr>
<td>Weight</td>
<td>0.5 ounce</td>
</tr>
<tr>
<td>Material</td>
<td>plastic</td>
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My father considered a walk among the mountains as the equivalent of churchgoing. ~Aldous Huxley

**General Rules for Outdoor Food Safety**

Plan ahead: decide what you are going to eat and how you are going to cook it; then plan what equipment you will need.

- Pack safely: use a cooler if car-camping, or pack foods in the frozen state with a cold source if hiking or backpacking.
- Keep raw foods separate from other foods.
- Never bring meat or poultry products without a cold source to keep them safe.
- Bring disposable wipes or biodegradable soap for hand- and dishwashing.
- Plan on carrying bottled water for drinking. Otherwise, boil water or use water purification tablets.
- Do not leave trash in the wild.
- If using a cooler, leftover food is safe only if the cooler still has ice in it. Otherwise, discard leftover food.
- Protect yourself and your family by washing your hands before and after handling food.

"**Keep Hot Foods Hot & Cold Foods Cold**"

Whether you are in your kitchen or enjoying the great outdoors, there are some food safety principles that remain constant. The first is "Keep hot foods hot and cold foods cold." Meat and poultry products may contain bacteria that cause foodborne illness. They must be cooked to destroy these bacteria and held at temperatures that are either too hot or too cold for these bacteria to grow.

Most bacteria do not grow rapidly at temperatures below 40 °F or above 140 °F. The temperature range in between is known as the "Danger Zone." Bacteria multiply rapidly at these temperatures and can reach dangerous levels after 2 hours.

If you are traveling with cold foods, bring a cooler with a cold source. If you are cooking, use a hot campfire or portable stove. It is difficult to keep foods hot without a heat source when traveling, so it’s best to cook foods before leaving home, cool them, and transport them cold.

"**Keep Everything Clean**"

The second principle is that bacteria present on raw meat and poultry products can be easily spread to other foods by juices dripping from packages, hands, or utensils. This is called cross-contamination. When transporting raw meat or poultry, double wrap or place the packages in plastic bags to prevent juices from the raw product from dripping on other foods. Always wash your hands before and after handling the food.
Food Safety While Hiking & Camping
Sometimes you just have to get out and walk around in the solitude and beauty of our country. You may want to hike for just a few hours, or you may want to camp for a few days. One meal and some snacks are all that’s needed for a short hike. Planning meals for a longer hike requires more thought. You have to choose foods that are light enough to carry in a backpack and that can be transported safely.

Hot or Cold?
The first principle is to keep foods either hot or cold. Since it is difficult to keep foods hot without a heat source (although the new insulated casserole dishes will keep things hot for an hour or so), it is best to transport chilled foods. Refrigerate or freeze the food overnight. For a cold source, bring frozen gel-packs or freeze some box drinks. The drinks will thaw as you hike and keep your meal cold at the same time. What foods to bring? For a day hike, just about anything will do as long as you can fit it in your backpack and keep it cold — sandwiches, fried chicken, bread and cheese, and even salads — or choose non-perishable foods.

Clean
The second principle is to keep everything clean, so remember to bring disposable wipes if you are taking a day trip. (Water is too heavy to bring enough for cleaning dishes!)

Safe Drinking Water
It is not a good idea to depend on fresh water from a lake or stream for drinking, no matter how clean it appears. Some pathogens thrive in remote mountain lakes or streams and there is no way to know what might have fallen into the water upstream. Bring bottled or tap water for drinking. Always start out with a full water bottle, and replenish your supply from tested public systems when possible. On long trips you can find water in streams, lakes, and springs, but be sure to purify any water from the wild, no matter how clean it appears.

The surest way to make water safe is to boil it. Boiling will kill microorganisms. First, bring water to a rolling boil, and then continue boiling for 1 minute. Before heating, muddy water should be allowed to stand for a while to allow the silt to settle to the bottom. Dip the clear water off the top and boil. At higher elevations, where the boiling point of water is lower, boil for several minutes.

As an alternative to boiling water, you can also use water purification tablets and water filters. The purification tablets — which contain iodine, halazole, or chlorine — kill most waterborne bacteria, viruses, and some (but not all) parasites. Because some parasites — such as Cryptosporidium parvum, Giardia lamblia, and larger bacteria — are not killed by purification tablets, you must also use a water filter. These water filtering devices must be 1 micron absolute or smaller. Over time purification tablets lose their potency, so keep your supply fresh. Water sanitizing tablets for washing dishes can also be purchased (just don’t confuse the two). Water purification tablets, filters, and sanitizing tablets can be
What Foods to Bring?
If you are backpacking for more than a day, the food situation gets a little more complicated. You can still bring cold foods for the first day, but you’ll have to pack shelf-stable items for the next day. Canned goods are safe, but heavy, so plan your menu carefully. Advances in food technology have produced relatively lightweight staples that don’t need refrigeration or careful packaging. For example:

- peanut butter in plastic jars;
- concentrated juice boxes;
- canned tuna, ham, chicken, and beef;
- dried noodles and soups;
- beef jerky and other dried meats;
- dehydrated foods;
- dried fruits and nuts; and
- powdered milk and fruit drinks.

Powdered mixes for biscuits or pancakes are easy to carry and prepare, as is dried pasta. There are plenty of powdered sauce mixes that can be used over pasta, but check the required ingredient list. Carry items like dried pasta, rice, and baking mixes in plastic bags and take only the amount you’ll need.

Cooking at Camp
After you have decided on a menu, you need to plan how you will prepare the food. You’ll want to take as few pots as possible (they’re heavy!). Camping supply stores sell lightweight cooking gear that nest together, but you can also use aluminum foil wrap and pans for cooking.

You’ll need to decide in advance how you will cook. Will you bring along a portable stove, or will you build a campfire? Many camping areas prohibit campfires, so check first or assume you will have to take a stove. Make sure to bring any equipment you will need. If you are bringing a camp stove, practice putting it together and lighting it before you pack. If you build a campfire, carefully extinguish the fire and dispose of the ashes before breaking camp. Likewise, leftover food should be burned, not dumped. Lastly, be sure to pack garbage bags to dispose of any other trash, and carry it out with you.

Use a Food Thermometer
Another important piece of camping equipment is a food thermometer. If you are cooking meat or poultry on a portable stove or over a fire, you’ll need a way to determine when it is done and safe to eat. Color is not a reliable indicator of doneness, and it can be especially tricky to tell the color of a food if you are cooking in a wooded area in the evening.

When cooking hamburger patties on a grill or portable stove, use a digital thermometer to measure the temperature. Digital thermometers register the temperature in the very tip of the probe, so the safety of
thin foods — such as hamburger patties and boneless chicken breasts — as well as thicker foods can be determined. A dial thermometer determines the temperature of a food by averaging the temperature along the stem and, therefore, should be inserted 2 to 2 ½ inches into the food. If the food is thin, the probe must be inserted sideways into the food.

It is critical to use a food thermometer when cooking hamburgers. Ground beef may be contaminated with *E. coli* O157:H7, a particularly dangerous strain of bacteria. Illnesses have occurred even when ground beef patties were cooked until there was no visible pink. The only way to insure that ground beef patties are safely cooked is to use a food thermometer, and cook the patty until it reaches 160 °F.

Cook all meat and poultry to safe minimum internal temperatures:

- Beef, veal, and lamb steaks, roasts, and chops may be cooked to 145 °F.
- All cuts of pork to 160 °F.
- Ground beef, veal and lamb to 160 °F.
- All poultry should reach 165 °F.

Heat hot dogs and any leftover food to 165 °F. Be sure to clean the thermometer between uses.

**Keeping Cold**

If you are "car camping" (driving to your site), you don't have quite as many restrictions. First, you will have the luxury of bringing a cooler. What kind of cooler? Foam chests are lightweight, low cost, and have good "cold retention" power. But they are fragile and may not last through numerous outings. Plastic, fiberglass, or steel coolers are more durable and can take a lot of outdoor wear. They also have excellent "cold retention" power, but, once filled, larger models may weigh 30 or 40 pounds.

To keep foods cold, you'll need a cold source. A block of ice keeps longer than ice cubes. Before leaving home, freeze clean, empty milk cartons filled with water to make blocks of ice, or use frozen gel-packs. Fill the cooler with cold or frozen foods. Pack foods in reverse order. First foods packed should be the last foods used. (There is one exception: pack raw meat or poultry below ready-to-eat foods to prevent raw meat or poultry juices from dripping on the other foods.) Take foods in the smallest quantity needed (e.g., a small jar of mayonnaise). At the campsite, insulate the cooler with a blanket, tarp, or poncho. When the camping trip is over, discard all perishable foods if there is no longer ice in the cooler or if the gel-pack is no longer frozen.

**Cleanup**

Whether taking a hike or camping at an established site, if you will be washing dishes or cookware, there are some rules to follow. Camping supply stores sell biodegradable camping soap in liquid and solid forms. But use it sparingly, and keep it out of rivers, lakes, streams, and springs, as it will pollute. If you use soap to clean your pots, wash the pots at the campsite, not at the water’s edge. Dump dirty water on dry ground, well away from fresh water. Some wilderness campers use baking soda to wash their utensils. Pack disposable wipes for hands and quick cleanups.
**Food Safety While Boating**
Keeping food safe for a day on the boat may not be quite as challenging as for a hike, but when you are out on the water, the direct sunlight can be an even bigger food safety problem. Remember the "Danger Zone"? It is true that bacteria multiply rapidly at warm temperatures, and food can become unsafe if held in the "Danger Zone" for over 2 hours. Above 90 °F, food can become dangerous after only 1 hour. In direct sunlight, temperatures can climb even higher than that. So bring along plenty of ice, and keep the cooler shaded or covered with a blanket.

**Keep Your Cooler Cool**
A cooler for perishable food is essential. It is important to keep it closed, out of the sun, and covered, if possible, for further insulation. Better yet, bring two coolers: one for drinks and snacks, and another for more perishable food. The drink cooler will be opened and closed a lot, which lets hot air in and causes the ice to melt faster. Pack your coolers with several inches of ice, blocks of ice, or frozen gel-packs. Store food in watertight containers to prevent contact with melting ice water.

**Keep Cold Foods Cold**
Perishable foods, like luncheon meats, cooked chicken (Yes, that includes fried chicken!), and potato or pasta salads, should be kept in the cooler. Remember the rule: hot foods hot, cold foods cold? And the 2-hour rule: no food should be in the "Danger Zone" for more than 2 hours? Well, unless you plan to eat that bucket of fried chicken within 2 hours of purchase, it needs to be kept in the cooler. For optimum safety, consider buying it the night before, refrigerating it in a shallow container (not the bucket), and then packing it cold in the cooler.

Of course, some foods don't need to be stored in the cooler: whole fresh fruits and vegetables, nuts, trail mix, canned meat spreads, and peanut butter and jelly. (However, once canned foods are opened, put them in the cooler.)

If you don’t have an insulated cooler, try freezing sandwiches for your outing. Use coarse-textured breads that don’t get soggy when thawed. Take the mayonnaise, lettuce, and tomato with you to add at mealtime. In a pinch, a heavy cardboard box lined with plastic bags and packed with frozen gel packs or ice will keep things cold until lunchtime. Freeze water in milk cartons for your cold source.

**How to Pack Food for Backpacking.**
One of the major challenges of backpacking is how to pack food so it won't take up too much weight and space, survive the distresses of the hike, and still be the most delicious, nutritious meals to enjoy outdoors. You can certainly bring your favorite food and dishes on a backpacking trip; all it takes is a little strategic preparation and some room for contingency and innovation. Here are some tips on how to plan and pack your backpacking meals.
**Step One**
Always have a Plan B. When you're just too tired to cook after a long and agonizing trek, or when the weather makes cooking impossible, or worse, when your cooking gear fails or runs out of fuel, you can't just sit there suffering hunger pangs. Your Plan B meals should include pre-cooked, dried or canned food, cookies, breads, fruits or vegetables.

**Step Two**
Be ready to eat more than your usual intake. Hiking will make you hungry, so be sure you have enough food to last through the whole trip, plus an extra day or two, just in case.

**Step Three**
Plan meals around your water supply. If you plan to cook your food, or if you are carrying mostly dried or dehydrated foodstuff, determine how much liquid you will need. Even if you are sure you will have a water source on camp or along the trail, consider that you might have to cook before you reach the water source.

**Step Four**
Know how to use natural resources to prepare food; you might require those survival skills on this particular trip.

**Step Five**
Always have an energy bar or two tucked in your backpack for emergency situations.

**Tips & Warnings**
- When planning backpacking meals, think: low burden, high nutrition. Carbohydrates and sugars for quick energy; fats and proteins for long-term stamina.
- Plan to consume pre-cooked and un-refrigerated meals first because they will last for only a day or two.

**Pack Food Like a Pro**

**Things You'll Need**
- Zipper-lock plastic bags in different sizes
- Empty water bottle for spaghetti noodles
• Empty chips canisters
• Plastic food containers
• Plastic vials
• Old newspapers

**Step One**
Protect foods that could get squeezed, squashed or squished. Put breads, sandwiches and delicate fruits and vegetables in sturdy but lightweight packaging like plastic food containers.

**Step Two**
Prevent accidental spills in your backpack. Put pre-cooked meals in tight-seal containers and slip the containers in zipper lock plastic bags to catch spills in case the container pops open during the hike. The constant motion of walking can jiggle the container covers loose; and high altitude can cause containers to pressurize and pop open.

**Step Three**
Pack condiments, herbs and spices in small plastic bags. Bring only what you will need for the trip, and don't forget to label them clearly.

**Step Four**
When packing raw meats or cold cuts, keep them frozen and take them out of the freezer just before the hike. Wrap them in several layers of newspaper to delay thawing, and slip them inside durable zipper lock plastic bags.

**Step Five**
Put foods that could get crushed or pulverized inside hard-sided lightweight containers like chips canisters. Raw spaghetti noodles will also be safe inside an empty water bottle.

**Step Six**
Pack oils and other liquids securely. Small lightweight plastic vials with tight-seal screw-on caps are ideal. Place them inside zipper lock bags for extra protection. Consider bringing margarine instead of cooking oil.

**Tips & Warnings**
• Label all repacked cooking ingredients clearly. You might need to cook food in the middle of the night; you won't want to sprinkle the wrong spices on your life-saving dishes.
• Who says you can't have sunny side up eggs for breakfast in the wild? Keep raw eggs in their tray and put the tray inside an empty chips canister. Slip other foodstuff (rice, nuts, beef jerky, dried fish, etc.) into the canister to fill the gaps.
### Nutritional Charts

Trail Mix: Regular w. chocolate chips, unsalted nuts & seeds
137 calories, 9.0g of fat and 12.7g of carbs in each serving, 3 tablespoons (1 oz).

<table>
<thead>
<tr>
<th>Nutrition Facts</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories 137</td>
<td>(574 kJ)</td>
</tr>
<tr>
<td>% DV 1</td>
<td></td>
</tr>
<tr>
<td>Total Fat</td>
<td>9g</td>
</tr>
<tr>
<td>Sat. Fat</td>
<td>1.7g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>1mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>8mg</td>
</tr>
<tr>
<td>Total Carbs</td>
<td>12.7g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>1.7g</td>
</tr>
<tr>
<td>Sugars</td>
<td>11.1g</td>
</tr>
<tr>
<td>Protein</td>
<td>4g</td>
</tr>
<tr>
<td>Calcium</td>
<td>30.5mg</td>
</tr>
<tr>
<td>Potassium</td>
<td>183.7mg</td>
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</tbody>
</table>
Jerky, Meat Snacks: Beef Jerky

Jerky, Meat Snacks: Beef Jerky has 82 calories, 5.1g of fat and 2.2g of carbs in each piece, large (0.7 oz).

<table>
<thead>
<tr>
<th>Nutrition Facts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories 82</td>
</tr>
<tr>
<td>% DV</td>
</tr>
<tr>
<td>Total Fat</td>
</tr>
<tr>
<td>Sat Fat</td>
</tr>
<tr>
<td>Cholesterol</td>
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<tr>
<td>Sodium</td>
</tr>
<tr>
<td>Total Carbs</td>
</tr>
<tr>
<td>Dietary Fiber</td>
</tr>
<tr>
<td>Sugars</td>
</tr>
<tr>
<td>Protein</td>
</tr>
<tr>
<td>Calcium</td>
</tr>
<tr>
<td>Potassium</td>
</tr>
</tbody>
</table>
Fruit, Dried: Apricots, uncooked

Fruit, Dried: Apricots, uncooked has 8 calories, 0.0g of fat and 2.2g of carbs in each half (0.1 oz).
<table>
<thead>
<tr>
<th>Nutrition Facts</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Calories</strong> 8</td>
</tr>
<tr>
<td>(35 kcal)</td>
</tr>
<tr>
<td>% DV</td>
</tr>
<tr>
<td>----------------</td>
</tr>
<tr>
<td><strong>Total Fat</strong></td>
</tr>
<tr>
<td><strong>Sat. Fat</strong></td>
</tr>
<tr>
<td><strong>Cholesterol</strong></td>
</tr>
<tr>
<td><strong>Sodium</strong></td>
</tr>
<tr>
<td><strong>Total Carbs.</strong></td>
</tr>
<tr>
<td><strong>Dietary Fiber</strong></td>
</tr>
<tr>
<td><strong>Sugars</strong></td>
</tr>
<tr>
<td><strong>Protein</strong></td>
</tr>
<tr>
<td><strong>Calcium</strong></td>
</tr>
<tr>
<td><strong>Potassium</strong></td>
</tr>
</tbody>
</table>
Pancakes: Plain, prepared from dry mix

Pancakes: Plain, prepared from dry mix has 74 calories, 1.0g of fat and 13.9g of carbs in each pancake, 4” dia (1.3 oz).

<table>
<thead>
<tr>
<th>Nutrition Facts</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>74 (308k)</td>
<td></td>
</tr>
<tr>
<td>% DV 1</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total Fat</td>
<td>1g</td>
<td>1%</td>
</tr>
<tr>
<td>Sat_Fat</td>
<td>0.2g</td>
<td>1%</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>5mg</td>
<td>2%</td>
</tr>
<tr>
<td>Sodium</td>
<td>239mg</td>
<td>10%</td>
</tr>
<tr>
<td>Total Carbs</td>
<td>13.9g</td>
<td>5%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>0.5g</td>
<td>2%</td>
</tr>
<tr>
<td>Protein</td>
<td>2g</td>
<td></td>
</tr>
<tr>
<td>Calcium</td>
<td>47.9mg</td>
<td></td>
</tr>
<tr>
<td>Potassium</td>
<td>66.5mg</td>
<td></td>
</tr>
</tbody>
</table>

The essential guide to hiking with a tough group
Breakfast Cereals, Cooked: Oats, instant, plain, cooked

Breakfast Cereals, Cooked: Oats, instant, plain, cooked has 97 calories, 1.6g of fat and 17.0g of carbs in each packet, dry, yields (6.2 oz).

<table>
<thead>
<tr>
<th>Nutrition Facts</th>
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</thead>
<tbody>
<tr>
<td>Calories 97 (407 kJ)</td>
</tr>
<tr>
<td>% DV</td>
</tr>
<tr>
<td>Total Fat 1.6g</td>
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<tr>
<td>Sat. Fat 0.3g</td>
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<tr>
<td>Cholesterol 0mg</td>
</tr>
<tr>
<td>Sodium 80mg</td>
</tr>
<tr>
<td>Total Carbs 17g</td>
</tr>
<tr>
<td>Dietary Fiber 2.8g</td>
</tr>
<tr>
<td>Sugars 0g</td>
</tr>
<tr>
<td>Protein 4.1g</td>
</tr>
<tr>
<td>Calcium 991mg</td>
</tr>
<tr>
<td>Potassium 938mg</td>
</tr>
</tbody>
</table>
Packaged Meals: Top Ramen, Chicken Flavor

Nissin's Packaged Meals: Top Ramen, Chicken Flavor has 190 calories, 7.0g of fat and 26.0g of carbs in each serving, 1/2 dry noodle block & teaspoon seasoning (1.5 oz).

<table>
<thead>
<tr>
<th>Nutrition Facts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories 190 (794 kJ)</td>
</tr>
<tr>
<td>% DV ^1</td>
</tr>
<tr>
<td>Total Fat 7g 11%</td>
</tr>
<tr>
<td>Saturated Fat 3.5g 10%</td>
</tr>
<tr>
<td>Trans Fat 0g</td>
</tr>
<tr>
<td>Cholesterol 0mg 0%</td>
</tr>
<tr>
<td>Sodium 910mg 38%</td>
</tr>
<tr>
<td>Total Carbs 25g 9%</td>
</tr>
<tr>
<td>Dietary Fiber 2g 8%</td>
</tr>
<tr>
<td>Sugars 0.5g</td>
</tr>
<tr>
<td>Protein 5g</td>
</tr>
<tr>
<td>Calcium 0mg</td>
</tr>
</tbody>
</table>
**Diet Bars: Performance, Peanut Butter**

*PowerBar's* Diet Bars: Performance, Peanut Butter has 240 calories, 3.5g of fat and 45.0g of carbs in each bar (2.3 oz).

<table>
<thead>
<tr>
<th>Nutrition Facts</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories 240</td>
<td></td>
</tr>
<tr>
<td>(1003 kJ)</td>
<td></td>
</tr>
<tr>
<td>% DV 1</td>
<td></td>
</tr>
<tr>
<td>Total Fat</td>
<td>3.5g</td>
</tr>
<tr>
<td>Sat. Fat</td>
<td>0.5g</td>
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<td>Trans Fat</td>
<td>0g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0mg</td>
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<tr>
<td>Sodium</td>
<td>120mg</td>
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<tr>
<td>Total Carbs</td>
<td>45g</td>
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<tr>
<td>Dietary Fiber</td>
<td>3g</td>
</tr>
<tr>
<td>Sugars</td>
<td>16g</td>
</tr>
<tr>
<td>Protein</td>
<td>10g</td>
</tr>
<tr>
<td>Calcium</td>
<td>300mg</td>
</tr>
<tr>
<td>Potassium</td>
<td>130mg</td>
</tr>
</tbody>
</table>
Coffees: Instant Powder, regular, dry
Coffees: Instant Powder, regular, dry has 2 calories, 0.0g of fat and 0.4g of carbs in each teaspoon.

| Nutrition Facts |
|-----------------|------------------|
| Calories 2 (9 kcal) | % DV 1 |
| Total Fat | 0g | 0% |
| Sat. Fat | 0g | 0% |
| Cholesterol | 0mg | 0% |
| Sodium | 0mg | 0% |
| Total Carbs | 0.4g | 0% |
| Dietary Fiber | 0g | 0% |
| Sugars | 0g | 0% |
| Protein | 0.1g | 0% |
| Calcium | 1.3mg | 0% |
| Potassium | 31.8mg | 1% |
Soft Drink Mixes: Ice Cool, Lemon Ice, Unsweetened, prepared

Kool-Aid's Soft Drink Mixes: Ice Cool, Lemon Ice, Unsweetened, prepared has 0 calories, 0.0g of fat and 0.0g of carbs in each cup (8 fl.oz).

<table>
<thead>
<tr>
<th>Nutrition Facts</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Calories</strong></td>
</tr>
<tr>
<td><strong>% DV</strong></td>
</tr>
</tbody>
</table>

- **Total Fat**: 0g 0%
- **Sat. Fat**: 0g 0%
- **Trans Fat**: 0g
- **Cholesterol**: 0mg 0%
- **Sodium**: 0mg 0%
- **Total Carbs**: 0g 0%
- **Dietary Fiber**: 0g 0%
- **Sugars**: 0g
- **Protein**: 0g
Lessons

_Solvitur ambulando,_ St. Jerome was fond of saying. To solve a problem, walk around. ~Gregory McNamee

The following are some pre-made devotionals you may use. These devotionals are written by the great folks over at SportsmansDevotional.com by hikers, hunters, fishers, and other sportmen specifically to draw you close to God in your outdoor experience. You may also want to check your local bookstore or Amazon.com for the book, _With God on the Hiking Trail_ (ISBN: 978-0736907064) as it is a great source of devotions dedicated to hikers and backpackers.
Bible Study Verse
Acts 9:1-2
Meanwhile, Saul was uttering threats with every breath and was eager to kill the Lord’s followers. So he went to the high priest. He requested letters addressed to the synagogues in Damascus, asking for their cooperation in the arrest of any followers of the Way he found there. He wanted to bring them—both men and women—back to Jerusalem in chains. (NLT)

II Corinthians 10:3-4
We are human, but we don’t wage war as humans do. We use God’s mighty weapons, not worldly weapons, to knock down the strongholds of human reasoning and to destroy false arguments. (NLT)

Thoughts
There are certain days of year when the weather, the tide, and the moon align creating perfect fishing conditions. Fishermen reap great harvests. However, angler’s zeal to be in the right spot at the right time sometimes causes rifts among us - frustrations that lead to anger or conflict on the water. We might say words we regret.

Before Saul met Jesus on the road to Damascus, he had no problem with anger. In fact, he used it well. he was “eager to kill”. But God had a different purpose for Saul. When He met him, He changed him. Saul became Paul. A man driven with a spirit of hatred is replaced with a man of Holy Spirit led compassion. A drastic change only possible from a living God. Later, when Paul confronts problems within the Corinthian church, he does so with composure. His calculated, Christ led approach succeeds and ultimately leads to a Christian movement that consumes all of Rome. (Will D)

Action Point
As Christian hunters and fishermen we might be tested by circumstances on the water or in the field. How will we deal with the conflict? Like Saul of Tarsus or like Paul? A Christ led approach to tenuous situations can show others how Christ lives in us - quite possibly leading to a change in them.
Bible Study Verse
II Corinthians 1:21c-22
He anointed us, set His seal of ownership on us, and put His Spirit in our hearts as a deposit, guaranteeing what is to come. (NIV)

II Corinthians 1:22
By His Spirit He has stamped us with His eternal pledge—a sure beginning of what He is destined to complete. (MSG)

Thoughts
In Wyoming we still brand our horses to prove ownership. I was able to retrieve a stolen horse 300 miles from home just because he bore my brand. If I value them, I brand them. If I'm traveling out of state, it's easy to prove ownership at the borders. Even if they get lost in the wilderness, a game warden or forest service personnel is likely to come across them and I'll get them back. (Wes W)

Action Point
1 Peter 2:24a says, “Who His own self bore our sins in His own body on the tree,” (21st CKJ). Our brand pictured above is called the “Lone Tree” brand, the cross on the hill. Isaiah 49:16a says, “Behold, I have indelibly imprinted (tattooed a picture of) you on the palm of each of My hands,” (AB). That makes for a pretty iron clad relationship. I'm branded His and He's branded mine.
**Bible Study Verse**

Psalms 121:1-3

I lift up my eyes to the hills—where does my help come from? My help comes from the LORD, the Maker of heaven and earth. He will not let your foot slip—he who watches over you will not slumber; (NIV)

**Thoughts**

“No life guard on duty. Swim at your own risk.” Have you ever seen a sign like this at some beach or swimming hole? Basically it’s saying, if you get a leg cramp while out in the water don’t expect some bay watch life guard to come running and drag you back to shore. You’re on your own! In this photo the buffalo decided to take over a small, but popular swimming hole. It’s advisable in this situation to find another beach or at least wait until they have decided to move on. Just watch your step when it’s your turn to use the beach. (Ron T)

**Action Point**

Are we really on our own? I don’t think so. God’s word says, “Never will I leave you; never will I forsake you,” Hebrews 13:5b, (NIV). “The Lord will keep you from all harm—he will watch over your life; the Lord will watch over your coming and going both now and forevermore,” Psalms 121:7-8, (NIV). It is a good thing to get a hold of God’s word, and trust in what he says. His word is a life saver.
Bible Study Verse
Hebrews 12:1
Therefore, since we have so great a cloud of witnesses surrounding us, let us also lay aside every encumbrance and the sin which so easily entangles us, and let us run with endurance the race that is set before us, (NASB)

Thoughts
Have you ever caught a really large fish, I’m talking a record breaker, and released it while you were fishing all by yourself? It takes some of the fun out of it because you don’t have any witnesses to prove your story later on. (Tom H)

Action Point
Live like you are never alone. Since Hebrews 12:1 is the Word of God which can’t lie to us, there is always someone watching. I’m not a theologian, so I can’t say for sure who the great cloud of witnesses is, but I can speculate. They could be the great saints of the past talked about in the previous chapter in Hebrews11, our guardian angels, or the Spirit of Christ who indwells every true believer. Regardless of the correct answer, we know someone is always watching over us. So when we get to heaven and start telling fish stories around some eternal campfire, keep your facts straight!
Bible Study Verse
Hebrews 11:6
And without faith it is impossible to please God, because anyone who comes to him must believe that he exists and that he rewards those who earnestly seek him. (TNIV)

Thoughts
Each spring I begin my scouting for the next fall. It is a great time to be in the woods seeing where the game was the previous fall and you don’t have to worry about disrupting their regular routine. You really figure out where and how they evaded you the previous year. A couple years ago I found the ultimate buck bedding area. The place was torn up with beds, trails, rubs, and sign. I even found a really nice shed. In studying how to hunt this spot, it was really difficult. There wasn’t a way to access this spot without announcing I was there, which is why I’m sure the hunted hung out there. Everything would have to work out perfectly for me to be able to hunt this spot. As I was thinking about this I was reminded of how different God is. He has taken away all the barriers, tells us if we earnestly seek him he will reward us, and we will find Him. Wow. (Ross G)

Action Point
This verse in Romans is in the middle of what is referred to as the Hall of Fame of Faith. It lists tons of stories about Old Testament people who put their faith in God and were rewarded for it. The reward didn’t always come easy or instant, but they were following something they believed in so they persevered. They didn’t stop with simply seeking and finding God, they served and followed Him. I pray you choose do to the same.
Bible Study Verse
Hebrews 10:25
Let us not give up meeting together, as some are in the habit of doing, but let us encourage one another - and all the more as you see the Day approaching. (NIV)

Thoughts
Patrolling some back country trails, I came across a wide swath of tracks that crossed in front of me. As I continued on, I discovered a large herd of elk, about 100 head of cows, calves, spike bulls, and a few rag horn bulls. Elk, as do most big game animals, herd up in the winter months. Being in a herd offers many benefits, one of the most important is safety in numbers. Anyone who has ever tried to put the sneak on a large herd of elk knows how difficult it can be with all those sets of eyes scanning the area. Any little shift in the wind can carry your scent directly to the nostrils of a herd member, who will immediately bark out the warning signal to the rest. Their God given herd instinct serves them well. (Ron T)

Action Point
I have heard people say, “The only church they need is to be outside in God’s creation. That’s where they feel the closest to God.” I sure can’t argue with that. What they are missing out on is the opportunity to meet up with fellow believers, to come together as a herd, to worship God, to grow spiritually, to give encouragement to others, and to receive encouragement. There are so many benefits that we receive when we are together. Finding a good bible based church and being a member of God’s herd is a step in the direction of becoming mature in Christ. “As iron sharpens iron, so one man sharpens another, Proverbs 27:17 (NIV).”
Bible Study Verse
II Timothy 2:15
Do your best to present yourself to God as one approved, a workman who does not need to be ashamed and who correctly handles the word of truth. (NIV)

Thoughts
While visiting my son in Florida, we went surf fishing along the gulf coast. Occasionally, we would catch whiting, pompano, redfish, blues, and Spanish mackerel. One day a stranger approached and visited for at least an hour. Before he left, Dave, a christian with the gift of hospitality, invited us to go fishing in his boat. Our trip turned out to be a great experience. We caught about 75 sand trout and a few black drum along the rubble of a hurricane damaged bridge. When the pelicans noticed all the fish that were being caught, they tried to join us for a free lunch. They actually surrounded the boat and you had to be protective when you pulled the fish out of the water. Between catching fish, observing the pelicans, and assisting in driving the boat, my grandson had an unforgettable day. (Tom L)

Action Point
In Matthew 9:37 Jesus says, “The harvest is plentiful but the workers are few.” (NIV) Attracting the pelicans to our harvest illustrated a good point about attracting workers for Christ.

Marion Jacobsen, in the book, Saints and Snobs, writes strong but true words: “If any group Christians who claim to believe and practice all God has said in His Book will face up to their personal responsibility within the family of Christ, and to the real needs of Christians around them, their church will impress its community with its shining goodness of God's love- to them and among them. Such a transformation would do more to ATTRACT others to Jesus Christ than to any house to house canvass, evangelistic campaign, or new church facility. People are hungry for acceptance, love, and friends and unless they find them in the church they might not stay there long enough to become personally related to Jesus Christ. People are not persuaded, they're ATTRACTED. We must be able to communicate far more by what we are than what we say.”
Bible Study Verse
Acts 22:16
“And now what are you waiting for? Get up, be baptized and wash your sins away, calling on his name.” (NIV)

Thoughts
“And now what are you waiting for?”

Around this time of the year many anglers take inventory of their fishing equipment. Some call it spring cleaning-sorting out different lures by type, color, and size; replacing fishing line on reels; checking rod guides for broken or missing ceramic inserts-just a general cleaning, replacement and reorganizing of your fishing tackle.

If the fishing season hasn’t already begun where you live, it soon will be prime time to be out on the water. Reorganizing fishing tackle while you are out fishing is too late. (Tom B)

Action Point
“Get up, be baptized and wash your sins away, calling on his name.” Just as we get ready for this year’s fishing action, take stock of your life. What needs to be thrown out, bad habits maybe? What needs to be repaired in your life…broken relationships or promises? What needs to be cleaned up, your thought process? Maybe you need a complete “restart”. Throw everything out, start over, reorganize your priorities, or maybe even an acceptance of Jesus as your personal savior.

Remember that Jesus Christ is the master of life reorganization. Trust in him to help restore your life. Clean up your personal tackle box.
Celebrate! He Is Risen!!!

Thoughts
One of my favorite things in AZ is summer thunder storms. Wow! Talk about thunder and lightning! My son and I were camped out one evening when one started. The lightning flashes and thunder claps were three to five seconds apart for almost three hours. Along with the thunder and lightning came about three inches of rain. That’s a lot of rain for anywhere, but especially here in AZ! The rain and thunder kept me awake for a long time that night. Ever try to sleep in one of those storms? It’s not going to happen, not until the storm is over. But, just as quickly as it came on, the storm quit, the quiet set in, and it was a very peaceful rest of the evening. It always amazes me how violent the storm can be and how quiet and peaceful it can become in a very short period of time. If you’ve never had it happen to you, it’s hard to comprehend. You go from violent storm to quiet peacefulness in just a few minutes. It’s simply an amazing thing to experience. (Cliff S)

Action Point
No doubt the disciples were experiencing their own storm of epic proportions. Their leader, Jesus, had been arrested, tortured, and crucified. Then on top of it all on this first day of the week, Easter, the body had disappeared from the grave and an angel had told them that Jesus had risen from the dead. They had heard Jesus speak of all of this in advance, but didn’t really understand what He was saying. “From that time on Jesus began to explain to his disciples that he must go to Jerusalem and suffer many things at the hands of the elders, chief priests and teachers of the law, and that he must be killed and on the third day be raised to life, Matthew 16:21 (NIV). ”

They were huddled in a private room hiding from their enemies when suddenly Jesus stood in their midst and said, “Peace be with you!” Yeah right! I would have asked who let Him in; I didn’t hear anybody knocking or the door open. You know what, the door didn’t open. Jesus came from out of nowhere and was suddenly among them. When they got over the shock and suddenness of His appearance, saw the nail prints in His hands and the spear mark in His side, they rejoiced that He had, indeed, risen, He was alive, and they believed in Him.

Because of their belief, they did have peace. You can, too. You see, the only way to have peace in the midst of your storms of life is to have faith in Jesus. Jesus never promised us a storm free life. You’ll still have storms. But you’ll also have the peace that only Jesus can give. Peace that passes all understanding. I know, because, you see, I’ve been there, too! If you’ll give Jesus a chance, He will change your life. Receive Him today and His promise of peace!

There’s a simple prayer of faith on the Sportsmen’s Devotional website. Click on “About Us” and then on “Sportsmen’s Devotional prayer”. If you’ll pray that prayer, Jesus will hear you and will accept you right now. He’ll save you right where you are.
Bible Study Verse
Proverbs 3:5-6
Trust in the LORD with all your heart, and do not lean on your own understanding. In all your ways acknowledge Him, and He will make straight your path. (ESV)

Thoughts
Lake Erie, a massive force, can present adverse weather and fishing conditions on a winter trip. When you live as far away as I do, you want to know as much as you can about the weather and conditions. I scour the fishing reports on the internet. I've learned to be very discerning when I read these. We all know those reports are designed to help us determine where the fish are biting. However they’re often misused for the opposite purpose, to discourage us away from where the fish are biting!

Frustrating and deceitful! Who can you trust? I love how Proverbs 3:5 starts, “Trust in the Lord.” No worries about the source. He is trustworthy. Then Solomon elaborates in verse 6 as you walk day by day acknowledging Him, he’ll show you the way to go. Fishing forums must always be read carefully since we can’t trust every source. Thankfully, our Heavenly Father never fails to deserve our faithful trust. (Matt F)

Action Point
How is God asking you to trust Him? Where are you prone to doubt His Word, His plan, or His timing? Renew yourself in the truth of Proverbs 3:5, “Trust in the Lord with all your heart.”
Bible Study Verse
Luke 16:13
No servant can serve two masters. Either he will hate the one and love the other, or he will be devoted to the one and despise the other. You cannot serve both God and Money. (NIV)

Thoughts
I was in my stand on a cool, clear, and crisp November afternoon. It was the perfect day to be hunting whitetail. The rut was in full gear and the possibility of getting a trophy buck was high, plus it was a great opportunity to get away from the stresses of life. The monster eight-point appeared out of nowhere. I began to focus on the deer’s rack. In a matter of moments, over twenty years of practice and training flew out the window. I already had the deer mounted and hanging over my bed. The only thing left to do was to convince the wife that this was the best spot to hang my first trophy Michigan whitetail. Armed with only two arrows, I released my first shot into the mud at his feet. The second shot flew just over his back. I waited until he sauntered out of sight and climbed down to retrieve my first arrow. He returned and presented me with an easy thirty yard shot. Smack! I hit a small sapling.

It took me a week to get over the pain of missing this buck, but it gave me time to reflect on why I had missed three times. I realized that I wasn’t focused on the right thing, those intangibles that had made me a successful hunter over the years. I was too focused on the trophy and not on the hunt. (Mike T)

Action Point
We can learn a lot about life through our hunting experiences. A week later, I was fortunate to get a second chance (fourth chance) at the trophy eight-point. This time my focus was clear and right on target. The result was victory and redemption. What is your life focus? Are you serving two masters? Christ says it best, “You cannot serve both God and Money.”
Bible Study Verse
Matthew 26:31-35
Then Jesus told them, “This very night you will all fall away on account of me, for it is written: “‘I will strike the shepherd, and the sheep of the flock will be scattered.’ But after I have risen, I will go ahead of you into Galilee.” Peter replied, “Even if all fall away on account of you, I never will.” “I tell you the truth,” Jesus answered, “this very night, before the rooster crows, you will disown me three times.” But Peter declared, “Even if I have to die with you, I will never disown you.” And all the other disciples said the same. (NIV)

Thoughts
Gambel quail are the most common variety found in the AZ desert. They’re very interesting and challenging to hunt. It’s tough to hunt them with dogs because they don’t typically hold for a point. When they sense danger they run until they flush, most often together as a covey, very fast, and low to the ground. I’ve watched some very good shot gunners go home talking to themselves because of this quail’s elusive abilities. I know because I’m one of those hunters! I’ve made lots of excuses for my misses. The most common being, “Did you see that? It was a miracle! That dead bird just flew right over that ridge!” All the experienced Gambel hunters in the group will normally chuckle and agree with me. They know the feeling of a clean miss on an easy bird. But, there is a little known characteristic of these birds that you can use to your advantage. If you can rush the covey and get them to scatter as individuals or pairs, they will then hold for the dogs to work them. I’ve not only experienced it, but have watched other hunters employ some rather hysterical tactics to get these birds to scatter rather than flush as a group. (Cliff S)

Action Point
The crucifixion until the resurrection, that’s how long Peter had to think about his fulfillment of this prophecy by Jesus that he would deny Him. While preparing for this writing, I was reading today’s scripture and thinking of what I would have said and done that fateful night in Jerusalem. It’s easy, oh so easy, to sit in the comfort of our churches and tell each other that we’d die for Jesus, just like the disciples did that evening, and then go out into the world and deny Him. How do we deny Jesus? Well, maybe it’s when we see a person in need and don’t stop to help. Perhaps it’s when we speak ill of somebody, OK, we gossip about them. Sometimes it’s the inappropriate example we set for our kids, or the non-loving way we treat our spouse. Sadly, it may also be when we have an opportunity to share our faith and instead keep silent. All of these are ways that we can deny Christ by not loving others the way He commanded. I’m sure that Peter had a long three days to think about what he’d done. Maybe we should stop and reflect on our own actions before we condemn Peter. We may be more like him than we think. I hope so, because, you see, a few days later Jesus reinstated Peter, and he did great and mighty things for the Christian faith. That’s the Peter I want to be like!
Bible Study Verse
Acts 9:1-2
Meanwhile, Saul was uttering threats with every breath and was eager to kill the Lord’s followers. So he went to the high priest. He requested letters addressed to the synagogues in Damascus, asking for their cooperation in the arrest of any followers of the Way he found there. He wanted to bring them—both men and women—back to Jerusalem in chains. (NLT)

II Corinthians 10:3-4
We are human, but we don’t wage war as humans do. We use God’s mighty weapons, not worldly weapons, to knock down the strongholds of human reasoning and to destroy false arguments. (NLT)

Thoughts
There are certain days of year when the weather, the tide, and the moon align creating perfect fishing conditions. Fishermen reap great harvests. However, angler’s zeal to be in the right spot at the right time sometimes causes rifts among us - frustrations that lead to anger or conflict on the water. We might say words we regret.

Before Saul met Jesus on the road to Damascus, he had no problem with anger. In fact, he used it well. he was “eager to kill”. But God had a different purpose for Saul. When He met him, He changed him. Saul became Paul. A man driven with a spirit of hatred is replaced with a man of Holy Spirit led compassion. A drastic change only possible from a living God. Later, when Paul confronts problems within the Corinthian church, he does so with composure. His calculated, Christ led approach succeeds and ultimately leads to a Christian movement that consumes all of Rome. (Will D)

Action Point
As Christian hunters and fishermen we might be tested by circumstances on the water or in the field. How will we deal with the conflict? Like Saul of Tarsus or like Paul? A Christ led approach to tenuous situations can show others how Christ lives in us - quite possibly leading to a change in them.
Bible Study Verse
Hebrews 11:6
And without faith it is impossible to please God, because anyone who comes to him must believe that he exists and that he rewards those who earnestly seek him. (TNIV)

Thoughts
Each spring I begin my scouting for the next fall. It is a great time to be in the woods seeing where the game was the previous fall and you don’t have to worry about disrupting their regular routine. You really figure out where and how they evaded you the previous year. A couple years ago I found the ultimate buck bedding area. The place was torn up with beds, trails, rubs, and sign. I even found a really nice shed. In studying how to hunt this spot, it was really difficult. There wasn’t a way to access this spot without announcing I was there, which is why I’m sure the hunted hung out there. Everything would have to work out perfectly for me to be able to hunt this spot. As I was thinking about this I was reminded of how different God is. He has taken away all the barriers, tells us if we earnestly seek him he will reward us, and we will find Him. Wow. (Ross G)

Action Point
This verse in Romans is in the middle of what is referred to as the Hall of Fame of Faith. It lists tons of stories about Old Testament people who put their faith in God and were rewarded for it. The reward didn’t always come easy or instant, but they were following something they believed in so they persevered. They didn’t stop with simply seeking and finding God, they served and followed Him. I pray you choose do to the same.

Be sure to check out SportsmansDevotionals.com for more great devotionals!
Trails

When you have worn out your shoes, the strength of the shoe leather has passed into the fiber of your body. I measure your health by the number of shoes and hats and clothes you have worn out. ~Ralph Waldo Emerson

Here is a list of 15 good trails around Washington State. You can also find more trails on the Washington Trails Association's website located at http://www.wta.org. I highly recommend their site as it has a long and comprehensive list of trails and descriptions as well as user comments.
Hiker takes in the view on the PCT, just north of Kendall Katwalk. By LB
This trail, part of the Pacific Crest Trail, takes you through a nice forest to a spectacular ridge walk.

The trail starts off gently through forest. At about 2 miles you lose about 250 ft. to avoid a boulder field. At 2 3/4 miles you pass the (formerly abandoned) Commonwealth Basin Trail. The trail is level for a short distance then you hit several incredibly long switchbacks - one almost taking you all the way back to I-90!

At 4700 ft reach the southern wooded crest of Kendall Ridge. The trail continues below Kendall Peak with flower-filled slopes between you and Kendall's rocky west face.

At 5 1/4 miles, (5400 ft) is a good view point and nice place for day-hikers to turn around.

The Katwalk itself is the product of many man hours and many boxes of dynamite used to blast the trail through solid granite. The path is wide enough to make most anyone feel comfortable with the steep drop-offs on both sides, but if snow is present, turn around and head home. The katwalk itself can be quite dangerous when snow-covered.

Huckleberries in the upper meadows offer delicious fruit in late summer and fire-hued foliage in the fall.

Roundtrip  10.5 miles
Elevation Gain  3000 ft
Highest Point  5400 ft
Table Mountain

Morning light on the south face of Table Mountain. Tim Lawson
The standard route begins at the Bonneville Trailhead off of Hwy 14 opposite the Bonneville Dam. From the trailhead follow the Tamanous Trail #27 for 0.6 miles to the junction with the PCT. Turn left onto the PCT and follow it NW for 1.9 miles to Gillette Lake. Continue on the PCT for another 5.5 miles to the junction with the Eastway Trail (also known as Heartbreak Ridge). A second route to the summit off of the PCT, the Westway Trail is another 0.4 miles further.

Both Eastway and Westway trails join near the summit to the final 0.3 mile Overlook Trail that leads to the southern face of the mountain. Many hikers make a loop by ascending the Eastway Trail and descending the Westway Trail. Portlandhikers.org has a hiking guide with a detailed trail log of this area.

A popular, less difficult version begins from the Bonneville Hot Springs Resort and Spa and is described in 60 Hikes within 60 miles of Portland, 3rd Edition, Menasha Press. It shortens the roundtrip distance by about 5 miles. Since this option includes a power line access roads and non-designated trail, I highly recommend that you hike it with someone who knows the route, or with guidebook in hand.
Surprise Lake

The trail to Surprise Lake starts out under some power lines, but you quickly transition to the shade of the giant trees. Hike along a well-maintained trail for about a mile, then cross a creek, hopefully atop a fallen tree. After another half mile you cross another creek.

Continue, following along Surprise Creek and catch the beautiful glimpses of waterfalls (ranging from 2-6') and icy clear pools. After two miles, the ascent begins up through the creek valley. Soon the trail heads east and you'll begin switchbacking up the side of the valley. You travel up the valley wall for about a mile on switchbacks (gaining about 1,000' in elevation). On a clear day you can see mountain views through a gap in the two ridges that you will pass between.

Down the other side is Surprise Lake. They weren't kidding when they named it Surprise either. You see a small creek and then you cross over it and go up a very small hill then it is all of a sudden there. It is almost like the small hill you go up (on the very north east side of the lake) was built up as a reservoir. There is a great lunch spot that hooks out into the lake, and it has a very large boulder to sit and have your meal. There are some great rocks to lounge on at the south end of the lake.

A longer option is to continue on south to Glacier Lake, another beauty just like Surprise and even a little bit bigger.
Rachel Lake

The trail begins with a short climb to the flat bottomed valley of Box Creek. This charming creek provides an endless display of waterfalls and pools to delight the senses.

The trail is good along the valley floor - some creek crossings may be troublesome in high water. Also of note are several expanses of brush which can tower over the trail in midsummer. At about 1.5 miles a nice cascade of the river over smooth slabs makes an inviting rest spot - this far is an excellent hike for those with children over about 10 years of age. At about 2 miles the first big brush patch is encountered, with views up to Hibox Mountain. At roughly 3 miles the pleasant, meandering stroll ends, and the work begins. Thus far the trail has only climbed 700' in 3 miles. It sets out to get the remaining 1200' in about 1.5 miles, up a rooty, rocky boot path, at times itself a creek. About 1/2 way up this grueling climb is a large, pretty cascade which makes for a convenient rest stop.

Finally, after much more sweat and effort, the way tops out in the steep-walled basin of beautiful Rachel Lake. There are plenty of campsites as well as opportunities for more exploration from the lake.
Burroughs Mountain

The Mountain from the Burroughs Mountain trail. Photo by HF Walter.
This is one of the highest trailheads in Western Washington, and one of the most spectacular effortless views of Mt Rainier.

The views start at the parking lot and keep getting better. Mt Rainier fills the sky, and Adams, Glacier, Stuart and Baker may also be seen from Sourdough Ridge. Climbers may be spotted on the Emmons glacier route through binoculars.

The trail is well built and not too steep, but crosses a steep, dangerous snowfield which does not melt until late July at the earliest and mid August most years. Once the snowfield has melted children can do this hike, and will enjoy the chance to see marmots, ground squirrels, and mountain goats.

From the Sunrise parking lot, follow the Sourdough Ridge Trail towards Frozen Lake. At the junction just after Frozen Lake, follow the Burroughs Mountain trail to second Burroughs Mountain.

If a longer hike is desired, a good, but unmaintained trail leads to Third Burroughs Mountain and a spectacular overlook of the Winthrop Glacier.

For small kids, the hike to First Burroughs (2 1/2 miles RT) is probably satisfying enough.

It is possible to do a loop by taking the trail to Shadow lake on the return.

Watch for the herd of goats which is usually seen on the meadows of 1st Burroughs or the slopes of 2nd Burroughs.
Boulder River

Last modified Apr 19, 2009 01:28 PM

Boulder River waterfall by Bama Rose.
This is truly one of the best hikes in the Darrington area for people looking for an easy but rewarding day on the trail.

The Boulder River trail is usually accessible year round, but always check on the status of the French Creek road before heading out. Because the whole trail is in forest, it makes for a great rainy day hike.

The trail follows the path of an old railroad grade. Where the grade stops, the old trees begin as soon you cross into the Boulder River Wilderness (mile point 1).

At about 1.25 miles there are two glorious waterfalls pouring into the Boulder River on its far bank. Benches have been constructed into a viewing area here, making it a great place to rest and enjoy the falls. You'll also find small, steep side trails leading down to the river's edge. Step carefully.

At approximately 3 to 3 1/2 miles, there is another, even more beautiful waterfall.

The trail continues for 4 1/2 miles before disappearing at a ford of the Boulder River. The old trail to Three Fingers beyond the ford is long abandoned. There are campsites nearby.
Bean Creek

Bean Creek Basin, photo by Whidbey Walker.

This hike is somewhat short, and will give you high country views without too strenuous of effort. From the basin views of Ingalls Peak, Stewart Mountain, and wildflowers will accompany each other on this hike.

At about two miles the trail will split, at this point you have to choose which interests you most. The left climbs into the Bean Creek Basin where there are a lot of options to roam around without getting lost. If interested in flowers and meadows, this is the place for you. In this area, past the majority of trees in the basin flowers will be found during springtime. For great views go right from the junction on Bean Creek trail, and climb up the shoulder until meeting up with Standup Creek trail. Continue until reaching the saddle on the southeast ridge of Earl Peak. Carins identify the trail in this area.

Amazing views can be reached if climbing the ridge to 6400 feet, from here one can look to the Stuart Range, as well as Earl and other peaks within the Alpine Wilderness region.
North Shi Shi Beach Access - Point of Arches

Last modified Apr 16, 2009 02:31 PM

Inge Johnnson's photo of Point of Arches took 2nd prize in WTA's Northwest Exposure Photo Contest in 2008.
Shi Shi Beach is a wonderful destination in any season - there is no better place to experience the power of the ocean, the majesty of sea stacks, the wide expanse of beach, and small creatures in tidepools.

Summertime brings crowds and sunny weather, but the other three seasons each have their own advantages. Most noticeably is the absence of people, leaving you to roam this special place alone (or with the coyotes). Tides and storms are more extreme in the winter, adding a sense of adventure but also requiring more caution.

The toughest part of trail is at about 1.5 miles. The Makahs have developed a new beautiful trail, but it doesn't quite cover all of the muddy sections just before your descent to the beach. Be prepared for muddy boots, especially during the rainy months.

At two miles, the trail descends to the beach. It's a steep - but mercifully short - drop to the glorious sandy beach. Ahead you'll be drawn to the majestic presence of Point of Arches. It's a bit over two miles of beach and driftwood walking to get there - but well worth it.

Petroleum Creek drains to the sea about halfway down the beach. There are some well-established campsites near nearby. Do stay overnight if you can. Sunsets are ,and it will increase your chances of visiting Point of Arches during low tide - lots of sea creatures to peer at, and you won't want to turn back quickly.

Do note if you're staying the night to camp well back from the beach itself; the tides often come all the way up to the bluff! All hikers and campers should carry tide tables to avoid untimely scrambles up the bluff and into the brush.
A popular, short, fairly steep hike to a small lake in the shadow of Mount Pilchuck. Huge stumps along the sides of the trail make you wonder about the men who logged this area year ago. There is a new trail around the lake.

The hike starts on an old road and then climbs steadily through second-growth forest with enormous cedar stumps to testify to the majesty of the old forest and the feats of those who logged it. Large portions of the trail are over steep log, root or rock steps which can be a challenge to those with short legs or poor balance.

Along the way enjoy hearing the rush of Heather Creek. The trail enters older growth about half way. The last quarter of a mile the trail dips down to the lake in a cirque at the foot of the north face of Mount Pilchuck. Waterfalls can be seen coming down the slopes to feed the lake.

In August pick plenty of blueberries.

The new trail around the lake offer many places to sit and enjoy the view and perhaps put you feet in the water. The purpose of this circuit trail is to help spread out the crowds who come in summer.

Roundtrip 4.0 miles
Elevation Gain 1000 ft
Lake 22

Last modified Apr 14, 2009 05:51 PM

The trail to Lake 22. Photo by "Pith Helmut Jack" or friends.

Even in the rain, this is a great hike: streamside scenery, old-growth forests, incredible displays of color on a talus slope, and a beautiful lake with a half-mile high mountain wall as a backdrop make this trip well worth the 5 mile round trip, and 1400 feet of elevation gain. If you've got 3-4 hours, consider spending it on this hike.

It is popular, so if you are looking for solitude, this might not be the best place. But if you don't mind sharing the trail with quite a few people and an occasional golden retriever, go for it.

The area surrounding Twenty-Two creek leading up to the lake was protected for research in 1947, so much of this hike is through marvelous old-growth forest and is more pristine than many other hikes that have portions that have been logged in this century. This 2.7 mile hike starts out climbing slowly for the first 0.6 mile to the one and only crossing of Twenty-Two Creek. This part of the trail is not very steep, but has some rocky spots. Past the bridge, the trail climbs moderately, switching back several times with nice views of waterfalls and cascades on every return to the creek.

Eventually, the trail leaves the creek and forest for a bit to tread out onto a rocky and sometimes difficult to navigate talus slope. The trail switches back on the talus several times, and, if you are hiking in spring, note the moss on the alder trees on the upper part of the talus, a beautiful juxtaposition with the red leaves still decaying from the previous autumn. Beyond the talus, the trail re-enters the forest, returning to Twenty-Two creek once again. In early spring, this stretch of trail could by quite muddy, with standing water in many spots. The trail continues past more water features, and climbs at a leisurely rate until the lake is reached.

The lake itself has an impressive backdrop. Mount Pilchuck towers nearly half a mile vertically above this wondrous tarn, so bring a wide-angle lens for the best photo opportunities. The lake is surrounded on 3 sides by cliffs, and it is hard to not be in awe of the setting. Take time to linger here, before enjoying the scenery on the hike back down.

Note: Although the trailhead is accessible in winter, snowshoeing is not recommended due to an
avalanche chute near the lake. In 2008, a young girl died in this section. Always be aware of avalanche conditions before heading out in the winter.

Roundtrip     5.4 miles  
Elevation Gain 1350 ft  
Highest Point 2400 ft  

Twin Falls State Park

Last modified Apr 11, 2009 05:54 PM  
Contributors: Kindra Ramos

Photo of Twin Falls by Dr J.D. Hascup.  
Twin Falls is a great year-round hike to a beautiful waterfall. With it's big pay-off at trail's end, Twin Falls is an ideal hike for small children. There are benches and a nice viewpoint of the falls at .75 mile, which is a good turn-around for smaller toddlers or if you opt to leave a backpack behind. But by hiking another mile (down and then up again), you will reach a sturdy bridge that crosses high over the water and between the two falls. Kids will be mesmerized by the waterfalls and the water all around them. Do note that this is a popular trail, and on weekends don't expect any solitude.

Roundtrip     4.0 miles  
Elevation Gain 1000 ft
**Mount Si**

Last modified Apr 04, 2009 09:47 PM  
Contributors: CourtenayH

Mt. Si. Photo by Bob Brooks.

The size of the parking lot should be your first clue as to the popularity of this trail. This trail is always crowded. Even on a rainy day in the middle of winter you'll find people here, and you might have to circle the parking lot to find a place to park (or sometimes move on to another trail!)

Why is it so popular? It's close to Seattle and accessible most of the year. It's an excellent workout, gaining 3100 feet in four miles, and the views from the top provide a nice panorama of the Snoqualmie Valley, Seattle and Puget Sound.

There are drawbacks to its popularity as well - hordes of people to pass or pass you, dogs off-leash, and illegal switchbacks to name a few. If you hike to Mt. Si please stay on the trail, keep your dog well-restrained and be extra aware of how your presence is affecting other hikers.

The way begins as part of an accessible trail but quickly turns into a true hiking experience as soon as you leave the very short stretch maintained for wheelchairs and strollers. The trail is fairly steep gaining 3100 feet in 4 miles. The area is managed by Washington State Department of Natural Resources and in the past had been cut-over before becoming a popular recreation area (now known as the Mount Si Preservation Area), so don't expect to encounter many ancient trees with jaw-dropping girths; this hike offers second-growth hemlock and cedar only with patches of alder.

At about mp 1.0 is a nice viewpoint, and a good turn around spot for those just out for a short stroll in the woods to get the heart rate up. Climb further to "Snag Flat." Here is a short spur with an inviting boardwalk and interpretive signs describing the natural history of the area. The summit is still 2.25 miles ahead. There are some nice places to rest along the way, but they may not always be there when you need them! Also, watch your footing because there are many rocks and roots along this trail all the way to the top. Climb higher and higher through small trees with few views until you pass through a rocky area and onto a large flat below the summit. This is the stopping point for most, but reaching 500 feet overhead is the "Haystack" - a serious scramble that should be left only to experienced climbers. The views from the top are very rewarding, even without the final scramble.

**Roundtrip** 8.0 miles
Otter Falls is a delicate slippery slide down to Lipsy Lake. Photo by Trip Report poster 'Eelpi.'

On this road-to-trail you'll find access to three unique waterfalls: Marten Creek, Otter Falls, and Big Creek Falls. The highlight is Otter Falls, a 600-foot slide of creek descending a huge granite slab into Lipsy Lake.

Begin the hike by crossing the Taylor River bridge. At 0.2 miles FS #5640 peels off to the left; take the right fork that follows along the Taylor River. Shortly after, there is a signed turnoff for the Quartz Creek Trail, also on the left. Cross Marten Creek below a waterfall at about 2 miles, then two more creeks at 2.5 and 3 miles which must be forded. Otter Creek is at the 3.5 mile mark. Cross the creek (most water is diverted through a huge culvert) and walk about 200 feet past the creek to a newly signed trail (there is usually a cairn visible, too) leading steeply upward for about 200 more feet until you reach a flat area from where you can see most of the 700 foot falls.

Paths lead down to Lipsy Lake, into which Otter Falls glides. The trail is usually accessible March - November and the falls are especially impressive during spring melt.

The slabs above the lake are a great example of an unusual geological process known as "exfoliation from unloading," resulting in the "sheeted joints" that make the granite look as if it was peeling off like the skin of an onion. WTA member Phil Fenner wrote a column about it for Mountains To Sound Greenway.

Roundtrip 8.5 miles
Elevation Gain  650 ft
Highest Point  1750 ft
Mount Ellinor

Hood Canal and Rainier. Courtesy of Christopher Cote.
This hike has varying views which include the Olympic Mountains, Hood Canal, Lake Cushman, Jefferson Creek Valley, Mt. Rainier, and the Cascades on the horizon.

Starting from the lower trailhead gives you a longer hike, but it also allows you to hike through some old-growth hemlock and Douglas fir. Choosing this route can compliment the hike as it is short from the upper trailhead. When the trail meets up with the upper trailhead it gets steep fast. About two miles from the upper trailhead you begin to peer out at the views to come. If you have parked at the upper trailhead you can see your car in the distance, and admire how much elevation gained after only 2 miles.

Continue the steep climb upward to be rewarded with amazing views. On a clear day the panoramic views are amazing. If you are lucky you may meet some mountain goat visitors, as well as squirrels as you enjoy a lunch at the summit.

Roundtrip 6.2 miles
Elevation Gain 3200 ft
Highest Point 5944 ft
Carne Mountain

If it is fall in the Cascades, come here for the golden larches.

For those too tired or short on time for the long and usually multi-day trek to the Upper Enchantment Lakes, another well-known site for larches, Carne Mountain has fewer larches but the payoff is much more accessible. In the morning sun the larches shine yellow, and in the afternoon shade they are yellow-orange. The smell of the needles is sweet and rich.

The hike has four distinct parts: first, through the forest in the Phelps Valley; then up along a valley to the basin; then the basin itself; and finally the walk along the ridge to the summit. Once you reach the basin, just follow the foot-wide rivulet toward the middle of the three peaks - that's the site of an old lookout. The views are fabulous from this perch.

For backpackers, there are plenty of camp spots in the basin. And a good map will show several possibilities for multiple day trips.

Roundtrip 8.0 miles
Elevation Gain 3600 ft
Highest Point 7085 ft
Appendix

Climb the mountains and get their good tidings. Nature's peace will flow into you as sunshine flows into trees. The winds will blow their own freshness into you, and the storms their energy, while cares will drop off like autumn leaves. ~John Muir
The following health record must be filled out for each student by the parent or guardian, or the student cannot be a part of any activity. Unless your information has changed, only one form is needed. Please print below.

Student Information

Name __________________________ Date of Birth _____ / _____ / _____

Home Address __________________ City __________ Zip Code _____

Home Phone (___) ____________ Alternate Phone (___) ____________

Height _______ Weight _______ Hair Color _______ Eye Color _______

Student's Social Security Number _______________________________________

Medical History

Please list any medical problems _________________________________________

_____________________________________________________________________

_____________________________________________________________________

Allergies _____________________________________________________________

Past surgeries _________________________________________________________

Date of tetanus shot or booster _______ List any drug allergies _____________

List any food allergies _________________________________________________

Please check any condition that it would be important for the physician to know about:

o Allergy       o Asthma       o Diabetes       o Epilepsy       o Hearing       o Heart

o Vision       o Other Explanation of other _______________________________

Note any handicap _____________________________________________________

Student's doctor's name __________________________ Phone (___) ____________
Medical Insurance Information

Insurance Company ______________________________________________________

Address __________________________ City ___________ Zip __________

Phone (___) ____________ Policy Number _________________________________

Group Number _________________ Insurance Card Holder __________________

Card Holder's Social Security Number ______________________________________

Emergency Contact Information

Name ___________________ City _______________ Phone (___) __________

Alternate Contact Information

Name ___________________ City _______________ Phone (___) __________

Treatment

In case of emergency, I hereby give permission to the physician and or assigned personnel to hospitalize, secure
treatment for, and to order injection, anesthesia and / or surgery for the student named above.

Student Signature ______________________________________________________

Parent / Legal Guardian Signature _________________________________________

State of __________________________

County of __________________________

Signed before me on ____________ by _________________________________.
(date) (Parent / Guardian Signature)

Notary Signature ___________________________ Appt. expires ____________

Notary Seal