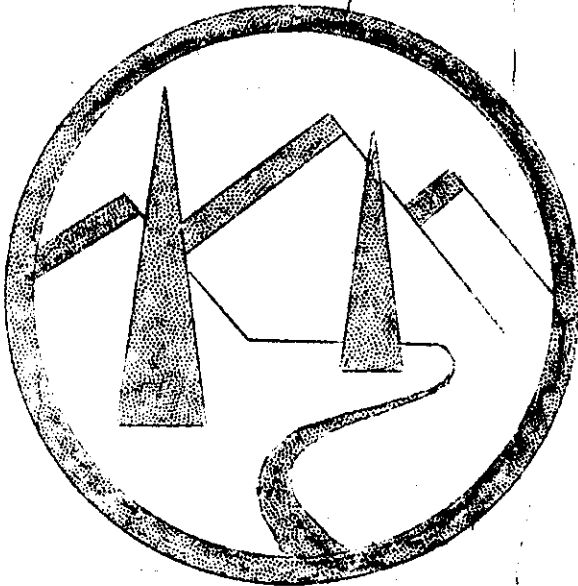


May 76



Pack Rat

Volume 19 Number 3
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Newsletter of the
Rocky Mountain Ramblers Association

The objectives of the Rocky Mountain Ramblers Assoc. are "to protect the interests of Ramblers and to maintain their rights and privileges to foster a greater love, use and knowledge of the countryside, to assist in the preservation of countryside amenities, to secure travel facilities for Ramblers, to function as a bureau of information, to facilitate public access to the mountains and woodlands, to organize social functions for the members."

The Ramblers meet every Wednesday evening at 8:00 p.m. in the basement of the First Lutheran Church, 1001 - 7 Avenue S.W., Calgary. There they organize hikes, ski tours, snowshoeing and skating trips.

For information, phone 282-1330 (Bob Baxter at Bob's Books, Hours:- Monday to Saturday, 10:00 - 12:00, 1:00 - 5:30) or any of the following in the evening:-

President:	Ian Wallis	283-5704
Vice-President	Ron Folkins	282-6114
Secretary	Zita Haase	282-3394
Treasurer	Dee Parsons	243-6110
Leaders' Chairman	Bill Leach	244-9447

The Pack Rat is published a minimum of six times per year. Its aim is to keep Ramblers informed on activities and to stimulate interest and concern in subject areas in which the Association is now involved. The present editor is Sharon Sutcliffe, 702, 924 - 7th Ave. S.W. Phone: 263-7740. Trip reports and articles are welcome.

LAKE O'HARA

Four of us, Helga Dauer, our trip leader, Frank Anscombe, Wally Drew and myself left Calgary on March 13th with the intention of slogging our way up to Floe Lake and possibly Numa Pass to build an igloo. We proceeded as far as the Marble Canyon Warden's office, but, unfortunately he was not in. Due to a recent snowfall that week it was decided that the avalanche danger would be too high to attempt reaching Floe Lake so off we went to Lake Louise to register for a trip to Lake O'Hara.

The weather was partly cloudy with some light breezes and at lunch time on the trail it was -10°C . At 2:00 pm we reached the small cabin next to the Warden's cabin. Wally had gone in ahead of us and secured the cabin. We had met a couple who were coming out and had stayed at the cabin and they had left it in good condition. We had also met around 15 others going in, but, fortunately they were all going to the Alpine Club cabin.

After setting up housekeeping we took off for a short ski tour, Helga and I went around the lake while Wally and Frank took off on a more ambitious trip with an elevation gain of about 500 to 600 feet.

On returning to the cabin I attempted to light the fire which took some time as I tried using wood I had cut from outside which was a trifle damp. After about an hour's effort it was finally coaxed to life so we had tea and cookies prior to supper. Our supper had been prepared by Helga and was delicious. There were noodles, vegetables and meatballs. When she said she would bring meatballs I had visions of the usual size meatballs somewhat like the size of a golfball, these were more the size of a baseball.

During the evening the temperature dropped and as there was a full moon the other three took off for a trip around the lake but I opted to sit on my bunk and read. We retired around 10 pm and with the stove still burning the cabin was quite warm. Helga decided to try sleeping outside at the back of the cabin on the wooden platform which is used as a woodshed in summer.

On arising at around 8 am I lit the fire, this time making sure I had lots of small dry kindling wood and in no time had a roaring fire going. As it was -26°C outside and the cabin was warming up this provided some incentive to Helga to make a dash back into the cabin. The temperature inside the cabin had only dropped to -10 or -12°C overnight.

After our breakfast we leisurely packed up and in true Rambler tradition left the cabin as clean if not cleaner than when we had arrived, making sure there was plenty of dry wood for the next tenants.

We left most of our gear about $\frac{1}{2}$ mile up the trail to Linda Lake and then proceeded to the lake. Wally went further on to the basin but the rest of us had lunch and relaxed in the sunshine for an hour or so until the sun went behind Mt. Odaray with a resulting sudden drop in the temperature which drove us back down the trail into a sunny spot where we waited for Wally.

It was cool but sunny all day and we had an excellent run out to the car, the snow conditions were excellent.

Although we did pack snow shovels and snow knives unnecessarily at least we were prepared to stay outside if necessary as at the time we started the trip we did not know we would have the comfort of the cabin.

Thanks to our leader we had a very enjoyable weekend.

Art Davis

WINTER CAMPING - 31st Jan. 1976

My last experience of winter camping ended with a helicopter coming in to rescue us, so I was full of apprehension as I signed up for this trip.

Our route for the overnight x-country ski tour (plus Ed on snowshoes) was from Sundance Canyon through Sundance Pass and out along the Spray River fire road, a total distance of 20 miles.

Seven male ramblers signed up for the trip (I guess the girls had more sense). We must have looked a strange sight as we walked along the icy road - our packs were gigantic sizes, anyone would have thought we were off for a month instead of just one night. We carried everything you could imagine - food, clothing, stoves, first aid, etc. etc., and to the outside of our packs we strapped survival gear - shovels, snowknives, axes, machetes (yes, Helmut came along).

Ron was almost scalped before we set off, someone had strapped a snowknife to his pack with the blade sticking too far out, but after stitching his head back on we were on our way. Having hiked up to the top of Sundance Canyon, we finally put our skis on. We bushwhacked the first 2 miles plowing through knee-deep snow, then we found an old logging road which we followed nearly all the way to Spray River.

At 3 pm we decided to stop and make camp; this proved to be lots of fun. Our snowknives were useless. The snow was like sugar, my attempt at a snowcave collapsed on top of me. So everyone started swinging the axe. By 5 pm we had constructed 7 magnificent homes.

Supper was consumed with everyone around the blazing fire. It was a warm, moonless night and the stars were really bright. 8 pm found us all in our sleeping bags.

Sunday morning saw 7 bleary eyed ramblers staggering around trying to keep warm. I think we all had a good night's sleep; the temperature dropped to -15°.

It was another beautiful sunny day, so after breakfast, we broke camp and hit the trail. After a few hours the logging road disappeared and this is where the fun, or should I say trouble, started. Crossing a snow-covered log on skis is tricky, but when the log is over a creek it becomes even trickier. - Snowshoe Ed decided to follow our tracks across the log mumbling something about "It doesn't look too safe to me." It took two of us to pull Ed out of the creek, his comments at this time were unprintable!

The last 2 miles before the Spray River road were most tiring as we had to climb a couple of hills and bushwhack quite a bit. Finally we arrived at the fire road and were really glad to be on a packed trail again.

The trail was really fast and icy, so we got to the Banff Springs Hotel by 4 pm after what turned out to be a really enjoyable trip.

Tony Forster

SLEEPING BAGS

Most of the membership are not aware of the condition of the sleeping bags the club has for rental, so, hopefully this will enlighten those interested.

All but one of the bags are adequate for summer and fall use. The one which is not, for those who do not know and haven't suffered frostbite in it yet, is an old mummy type U.S. Marine bag intended for use in the tropics for keeping mosquitoes away. It would be sufficient for car camping trips where you could either take a wool blanket or sleep in the car with the heater on full. I would strongly advise against its use on backpack trips due to its lack of insulating ability and unreasonable weight (4 to 5 lbs).

As for winter use, none of the bags are adequate unless you are staying in a cabin or igloo. In an igloo, the temperature rarely falls much below freezing. They are useless in tents or a night in the open. It isn't that you will freeze to death, but, your chances of sleeping are greatly diminished.

As to the questions put forth in the February Pack Rat, my suggestions are as follows:

1. Sell the U.S. Marine bag - CHEAP!!!
2. Find out if there is any interest in sleeping bag rentals for the winter season. If there is enough interest, buy one or possibly two good bags (for winter use only).
3. If there are sufficient funds in the club coffers, sell some of the other bags and buy new ones as the old ones are quite aged and soiled. Since dry cleaning doesn't help them it might be an idea to check into the new Dacron filled sleeping bags.

Brent Davis
(Past Equipment Manager)

BOOTS

As the hiking season approaches, many of you are considering the purchase of boots. In making your choice, the following points may be helpful:

- Fitting
- Buy boots from a reputable store specializing in hiking boots.
 - Buy boots made to the "American Last" standards.
 - Buy boots that are available in widths. Women's feet are generally more narrow. A woman's boot will be narrower in the instep and heel than a man's boot.
 - Look for a good fit and comfort across the ball of the foot, at the instep and at the heel. The heel should not slide from side to side or lift more than 1/8".
 - If one foot is longer, fit the longer foot so the toes do not touch, and wear an extra sock on the other foot.
 - Your toes should still be able to wiggle when fitted with two pairs of heavy socks.
- Weight
- One pound of extra weight on your feet equals five pounds of extra weight on your back. Choose the boot for your needs. Heavier boots are needed to stand up to hard wear and protect your feet when you carry a heavy load (whether in your pack or in excess body weight).
- Cost
- Generally speaking, cost reflects the quality of leather in your boot. If you want several years of hard wear from one pair of boots, you have to pay for it.
- Purpose
- There are two basic types of boots. The mountaineering boot and the hiking boot. The mountaineering boot has no side seams. The midsole has 2 to 3 layers of leather and one of rubber to which the "Vibram Montagna" sole is glued. It has a steel shank and the tongue is well padded with fur waterproofing. It is suitable for hard climbing and winter conditions. The hiking boot is of lighter construction. The midsole has one layer of leather and one of rubber, a lighter "Vibram" sole and only a partial steel shank through the instep. It is suitable for all summer hiking and some climbing.
- Some good names in Mountaineering Boots are:
Galibier "Super Guide," Val'Dor "Eiger Dornbelay," Vasque "Glacier,"
Vasque "Rainer," Mordolino "Waddington," Mordolino "Robson,"
Kastinger "Sella."
- Some good names in Hiking Boots are:
Mordolino "Selkirk," Mordolino "Back-Packer," Vasque "Liberty,"
Vasque "Cascade," Meindl "Yosemite," Meindl "Mt. Blanc,"
Meindl "Venediger."
- Within these general guidelines there are many things to look for:
- Sole
- There are several types of "Vibram." Italian or Swiss are recognized as being superior to American. A yellow label denotes a high carbon, high quality sole. A black label denotes a sole of lower carbon content, softer, but not so likely to mark floors.

"Montagna Vibrum" is thick, hard and unflexible. "Roccia Vibrum" is lighter, more flexible and fine but will not stand up to hard wear. A partial or full steel shank should be imbedded in the sole.

Midsole This comes between the sole and the upper. It should be of leather for easy replacement of the sole. Its thickness varies with the weight, strength and durability of the boot. Soles which bond directly to uppers are not recommended as they are less sturdy and cannot be replaced.

Uppers May be of split or full thickness leather with the rough side in or out. If the rough side is out, it can absorb waterproofing material more easily and protect the smooth, water-resistant inner membrane. Split thickness leathers may be strong and durable but are difficult to waterproof.

The Welt is the seam which joins the upper to the midsole. It may be sewn outside or inside. Inside stitching has several advantages in that the stitching is protected, the edges of the midsole cannot curl so easily when wet and the sole has a generally firmer edge for purchase on rocks as the upper is attached even with the edge.

Counters or stiffeners may be applied to the toe or heel of the boot. Molded epoxy or plastic material sandwiched between the leather and the lining have been found best.

Padding makes the boot warmer and more comfortable. It is usually of sponge placed between the lining and the shell especially around the ankle and tongue.

The Tongue should be a box shape which keeps water out but folds flat when the shoe is laced.

Lacing with hooks or rings is more convenient and faster but not as reliable as with eyelets as the laces tend to loosen. Hooks or rings should be fastened with two rivets each.

CLAIRE'S BACK PACK

The following is a list of articles carried by a former member of our club who had a reputation of being prepared for anything:

Compass, map, whistle, first aid kit (including moleskin, scissors and glacier cream, hand cream), pocket knife, dextrin and salt tablets, windproof matches, flash light, long nylon cord, needles, thread, pins (safety and pack replacement), tape, soap, towel, collapsible wash basin, steel mirror, J-clothes, dishwashing soap, laundry soap, spoon, fork, knife, cup, plate, flask, lemon powder, black pot for open fire, ground sheet, tent, gas bottle, stove and funnel, wooden stirring spoon, spatula, metal grate, sweater etc., extra socks, p.j.'s, gloves, sun hat, shoe laces, pen, paper, camera, film, recorder (wooden flute), hand lens and flower book.

FROSTBITE PREVENTION

Frostbite occurs when the body cannot generate as much heat as it loses. Then, in an effort to maintain a constant core temperature (your heart stops if its temperature drops even a few degrees) your body stops circulating blood to the extremities. Given this basic concept, frostbite prevention is a matter of common sense.

Heat Generation:

1. Eat a good breakfast before starting a trip and carry quick-energy food for emergencies. Like a furnace, your body needs fuel.
2. Be in shape for the trip you go on. Your body will generate heat more efficiently if you are.

Preventing Heat Loss:

1. Stay dry if possible. This means wearing several layers of clothing so you can shed layers if you work harder. Carry extra socks and mits. They will probably get wet. Wool is one of the few materials which still maintains insulating value when wet. Last winter I know of one man who sustained frostbitten hands for which he was hospitalized, while his wife, skiing with him on the same day was fine. Both got wet hands. She was wearing woolen mittens with a windproof covering. He was wearing down mittens.
2. Stay out of the wind. This means finding shelter to stop. Wearing windproof clothing when necessary and covering the face or other exposed body parts if very cold or windy.
3. Wear enough clothing. Always put clothing on when you stop, before you get cold. Remember your head; 20% of body heat loss is through the head.
4. When the weather is very cold or you are at high altitudes, move slowly. Panting causes severe heat loss because of the rapid intake of cold air into the lungs (large volumes of blood flow directly from your lungs to your heart).
5. Do not eat large quantities of snow or drink cold liquids.

You may say, "but if I get cold, I can warm up again by working a little harder," or "I can keep warm by skiing hard even though I am wet," etc. This is true. But it requires a good deal of energy for your body to generate that extra heat. Why not save that energy for doing something you really want to do, like going farther rather than faster. Then too, you might just have some energy reserve in case of an emergency.

YOU WOULD LIKE MORE ENERGY AND FEEL BETTER
ABOUT LIFE IN GENERAL?

PART I

Okay, let's explore some ways you can do just that; can feel better emotionally, physically and can function at your best intellectually.

One way is through active exercise. Why exercise? Well, if you are among the 50% of Canadians who are sedentary, you probably are among the 50% who are obese. If you are a typical Canadian, your cardiovascular fitness began declining when you were a child of eight years. This lack of fitness relates directly to our current sedentary existence.

Do you realize the human body was built for action? If you deprive the body of this it will gradually decline and your ENERGIES will correspondingly DECREASE.

Oxygen is needed for energy production. If you lead a sedentary existence, the blood which delivers oxygen and food to the cells to produce energy will not be doing its job efficiently.

Think of your potential! For example, a resting body that is relatively inactive will have a heart that pumps about five liters of blood while the lungs take in five to eight liters of oxygen. The heart is capable within its normal range of action to do much more than this. It can pump fifteen to twenty liters of blood while inhaling one hundred liters of air. This means when you watch T.V. or sit at a desk you are operating at a low percentage of your lung capacity and of your circulatory capacity. So what? More energy results when your heart and lungs are working to capacity. Also a healthier heart and probably lowered blood cholesterol level occur.

What type of exercise and for how long in order to achieve results?

The ideal activity will be jogging, cycling, swimming. WHY? Because it is important to exercise the long muscles. WHY? If we are to exercise the heart, we must use as a catalyst the large muscles in the body. These are found in the legs. At rest the body's blood vessels in these long muscles are constricted. This results in a restriction to blood flow. Less blood flow, less energy; a heart that gets weak and inefficient.

On the other hand, long muscles that are worked allow for dilated blood vessels and so increased blood flow from the heart. Exercising causes muscle massaging which results in an increased flow of blood back to the heart.

How long to exercise each day? Probably the best way to think of exercise duration is to think of the level of heart beat you must achieve for training effect. To work this out take 220 minus age and multiply by 0.8. The figure for you is _____. Try to maintain this for 15 minutes.

To have a good way of life you must have PRIORITIES. Let "you" be that priority. Budget so you have one hour daily for active exercise. This should include some calisthenics.

Part II, on Food, will
follow in the next Pack Rat

Dawn Jones
Dietary Technology, SAIT

HERE IS A RECIPE FOR GORP COOKIES WHICH I FOUND IN THE "BACK PACKER" MAGAZINE. THE COOKIES ARE REALLY DELICIOUS!

GORP COOKIES

"Yield: 11 dozen cookies. Two cookies equal approximately two grams of usable protein, five percent to six percent of average daily protein need.

Gorp is a traditional camping mix for high-energy snacks that consists of raisins, peanuts, and M & Ms or chocolate chips. We make the gorp easy to eat in the shape of cookies and increase the protein by adding sunflower seeds to complement the peanuts. Every cookie is full of protein and energy.

1 cup butter
1½ cups honey
2 eggs, beaten
½ tsp. salt
2 tsp. vanilla
1 tsp. baking powder
3 ¾ cups whole wheat flour
¼ cup milk powder (1/3 cup instant)
1 cup sunflower seeds
1½ cups peanuts, roasted and coarsely chopped
1½ cups raisins
1½ chocolate or carob chips

- (1) Cream the butter, with an electric mixer if possible, until it's creamy and light; add the honey and beat in.
- (2) Beat in the eggs, salt, and vanilla.
- (3) Stir together the baking powder, milk powder, and whole wheat flour; add it to the creamed mixture, and blend.
- (4) Stir in seeds, nuts, raisins, and chips.
- (5) Drop by teaspoons onto an unoled cookie sheet.
- (6) Bake for 10 to 12 minutes at 375°F."

White-Tailed Ptarmigan is a member of the grouse family which is found mainly above tree line in the Rockies from Mexico to Alaska. It is the only ptarmigan found this far south. In winter it is entirely white. In summer the top part is mottled with brown, black and white markings providing excellent protective coloration. The white tail feathers are distinctive.

Although they nest in the open, females have blended so well with the short vegetation that it is almost impossible to pick them out even at close range. As though aware of this, they sit very close and will not move unless practically stepped upon.

In winter, when snow is deep at higher altitudes, white-tailed ptarmigan may be attracted to valleys where they can find buds and weed seeds to eat.

Ramblin' On

1. Edith Cavell, a British Red Cross nurse, was matron of a hospital in Belgium during World War I, tending soldiers on both sides. She was arrested by the Germans as a spy and executed by a firing squad in 1915.

By far the grandest memorial to her is the stately mountain in Canada's Rockies that bears her name.

(Reprinted from the Calgary Herald)

2. Those of you who have been on back packing trips with people who took the course "Food for Backpackers" last year, will know that the knowledge they gained inspired many a good back pack supper. The same course is being offered again this year, beginning May 13, at S.A.I.T. For further information on this course or many other interesting outdoor courses offered by S.A.I.T. read the bulletin board or contact Dawn Jones at S.A.I.T.
3. "Improvement makes straight roads, but the crooked roads without improvement are roads of genius." - William Blake
4. Coming May 8th, a clean-up of garbage along the Bow River near Calgary. Show that you are a concerned citizen. Please help!!! If only for an hour or two. Afterwards there is a cook-out sponsored by the Ramblers, followed by a "beer-bush" sponsored by Calgary Canoe Club.
5. The format of Rambler meetings is changing:
 - 8:00 - Planning of trips
 - 8:15 - Meeting called to order
 - 8:30 - Coffee and trip arrangements is necessary
 - 9:00 - Entertainment

6. This issue's brickbats go to those people who sign up for trips and don't show. Signing up is a commitment. If you can't make it, at least you owe the respective leader a call.
7. For those of you who haven't discovered it, The Foothills Wilderness Journal, published at the U of C as an offshoot of their Outdoor Program offers many excellent articles of interest to people interested in outdoor recreation; and it is F R E E ! ! ! at the U of C, Mount Royal, S.A.I.T., or for the asking.
8. Planning on doing some rock climbing or glacier trips this year? Have you considered one of the Canadian Youth Hostel Association's excellent courses to give you extra information on equipment and techniques? If you're interested, just inquire at their office or the Hostel Shop.
9. Many thanks to Annemarie Marriner for typing the "Pack Rat".