

# THE PACKRAT

ROCKY  
MOUNTIAN



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June - July 1998

**ACTIVITIES:** Hiking, Backpacking, Skiing, Cycling, Climbing, Scrambling, Mountaineering, Educational and Awareness Programs, Social Functions.

**MEETINGS:** Every Wednesday evening at 7:30 p.m.  
Rosemont Community Hall, 2807 - 10 Street N.W.

**MAIL:** Rocky Mountain Ramblers Association  
c/o Calgary Area Outdoor Council (CAOC)  
1111 Memorial Dr. N.W.  
Calgary, Alberta  
T2N 3E4

**TRIP INFO:** 282-6308 Hotline and at meetings.

## RMRA EXECUTIVE 1997 - 1998

President	Anita O'Reilly
Vice President	Dorothy-Ann Reimer
Past President	Bob St. John
Trips Director	Ron Hunter
Treasurer	Chris Saunders
Secretary	Barbara Mitchell
Social Director	Terry Kaufman
Program Director	Maria Nemethy
Newsletter Editor	Danielle Tardif

## EDITOR'S NOTE

What an issue this time! Looking at the index, you will see how diversified the articles are. It was quite the challenge to fit everything in, but nevertheless keep these articles flowing in. The Packrat has become a substantial newsletter, and the cost of mailing it out has become expensive (see Executive Meeting Minutes p.14). The mailing of the last two publications cost over \$100 each. You can help the Club offset its costs by attending one of the first three meetings of every second month (Feb., April, June, Aug., Oct., Dec.) and pick up your copy of the Packrat. Not only will you get it earlier, but you will also get to meet your friends, and see our interesting programs. How's that for a bargain? The Club now has over 200 members, and is still growing with the start of the hiking season. An ad in the Packrat is a cheap and effective way to advertise your business, and will help the Club maintain a very low membership fee. Every little bit helps.

I wish everyone a great summer, full of wonderful trips and sunny skies.

Yahoo!



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I will gladly publish any article related to the outdoors. If possible, submit articles on a 3 1/2 computer disk, in DOS or Windows format. Email submissions can be made at: [dlonguep@cadvision.com](mailto:dlonguep@cadvision.com). Typed articles are also welcome. Disks will be returned at the meeting.

The next Packrat deadline is July 15, 1998.

## SOCIAL EVENTS

by Terry Kaufman

### UP COMING EVENTS!!! MARK YOU CALENDARS

#### DATE CHANGE – STAMPEDE BREAKFAST JULY 11, 1998

Stampede Breakfast will now be held on July 11, 1998, between 9:30 AM and 12:30 PM.

The event will be held at the home of Bob & Terry Kaufman

There will be a \$5.00 charge. Please bring your own utensils, plate & cup, lawn chair and folding table, if you have them.

We are looking for volunteers to help with the cooking etc. and would appreciate the donation of stewed rhubarb for our pancakes.

Maps will be made available at the Wednesday meetings. There will be a sign-up sheet available at the meetings or call Terry if your planning on attending.

CAR CAMP..... Sept. 26 & 27  
Etherington Camp Ground. If interested contact Del Lavallee

ANNUAL DINNER & DANCE..... Oct. 30, 1998  
Calgary Winter Club

## PROGRAMS

JUNE 17,  
1998

SLIDE  
SHOW ON  
VIETNAM

by Ron  
Mason and  
Micheline  
Barbeau



Ron and Micheline recently came back from a three month trip in Asia, and have wonderful slides and stories on Vietnam to share with us.

Interested in advertising in the Packrat? Please inquire about our reasonable rates to Chris Saunders

## PRESIDENT'S MESSAGE

by Anita O'Reilly

Congratulations to our new full coordinators: Ron Mason, Chris Saunders and Danielle Tardif! The Coordinators Council also accepted 4 probationary coordinators: Bernie Fritz, Richard Powley, Carl Potter and Michael Slaney. I anticipate an exciting hiking season with these new coordinators on board. Thank you to ALL COORDINATORS - new and long term. Without YOU the Rocky Mountain Ramblers would not exist! These people take the time to plan trips (not always what would most appeal to them personally) and appear at the meeting places come rain or shine. Frequently the trips are planned to accommodate a well-rounded selection for the members. I believe our club to be the most versatile one I'm aware of and the coordinators are responsible for the great range of trips offered. Next time you're out for the day, the weekend, or longer - please remember to thank your coordinator!

From the Safety Committee - a new and exciting concept - The Skills Review Day will be happening on May 31st. I anticipate this day to be a good deal of fun - learning and practising our outdoor skills and winding up with a pot luck dinner. Thanks to Bob St. John and his sub-committee for the many hours of planning that have gone into this project. See you there!

Happy hiking!



### CANADA DAY / STAMPEDE PARADE WEEK TRIP TO THE MONTANA ROCKIES - June 27 to July 5, 1998

With the Canada Day holiday on Wednesday and the Stampede Parade day for many on Friday, this is the perfect week to grab a week's holidays at the price of 3 days and avoid a 2-day and 1-day work week!

Carl Potter will be coordinating a trip to the Montana Rockies which will include a four-day backpack to 9,200 foot Scapegoat Mountain in the Scapegoat Wilderness south of Glacier Park. For the remainder of the week we will car camp at reportedly pretty Cave Mountain campground and hiking to Mount Wright (8,875), Teton Peak (8,416) and Old Baldy (9,156). This area is very beautiful mountain country similar to the Waterton Park, Castle River or Livingstone Range, and is part of a very large wilderness complex. The views from the peaks are spectacular and far-reaching, with totally unfamiliar landscape in all directions. The day trips will be in the Lewis & Clark National Forest on the boundary of the huge Bob Marshall Wilderness, west of Choteau, Mont. The backpack is west of Augusta, Mont. The trip will be relatively leisurely intermediate hiking—TL3 to OT5. Carl will bring maps to meetings or answer questions by phone (281-8040) or e-mail (potterca@cadvision.com)

### Kananaskis: Keep it Wild!

If you care about Kananaskis Country  
now is your chance to  
Have Your Say!

Call (toll free) 1-888-882-1286  
or email [www.praxis.ca](http://www.praxis.ca)

from May 15 - August 1  
to record your thoughts on  
the future of  
Kananaskis Country



Kananaskis Country is a 4200 square kilometer multiple use area west of Calgary. For thousands of Albertans it is their backyard. It is the home of the grizzly bear and the golden eagle and is the source of much of Calgary's drinking water. It is a provincial treasure being threatened:

- X Proposals for new ski hills, golf courses, hotels, boat tours, theme park and increased helicopter tours threaten the Kananaskis and Spray Valleys.
- X The future of wild animals like the grizzly bear and the wolf is threatened by this development.
- X Logging, oil and gas development threaten the sensitive foothills.

Have your say! Now is your chance to influence the Recreational Development Policy that will govern much of the development in Kananaskis Country for years to come. For more information call:

The Alberta Wilderness Association at (403) 283-2025

# WHAT HAVE WE BEEN UP TO?

by Dorothy-Ann Reimer

Ho hum! It's that **Safety Committee** talking again. They Do seem to go on and on about safety, on and on and on! But a lot of good things have come out of all that talk.

Garry Denman gave me a wonderful quote from Jon Krakauer's book, 'Into Thin Air'

**"In climbing, having confidence in your Partners is no small concern. One climber's actions can affect the Welfare of the Entire Team."**

Well, it's the same when you're hiking with your friends. If one person twists an ankle or wrenches a knee, the rest of us aren't going to say sorry, too bad. We'll use whatever skills we have to help.

That's where the Safety Committee comes in. Over the last 6 or 7 months we've worked with the Executive and the Coordinators to arrange a variety of activities and programs to bring some of that knowledge to our members.

For starters, courses: Avalanche Awareness – 7 people, First Aid (Basic, Standard and Wilderness) – 22 people. Bernie Fritz even stepped in and arranged a Map and Compass course which the committee had talked about but hadn't got around to setting up. (For that we thank you, Bernie, very much)

Then come programs. Maria Nemethy arranged an excellent program on hypothermia by Keith Morton.

We also opted to try for some informal learning.

1. The committee members formed small teams. These ZAP teams, as we called them, bring up some topic on an outing and get a demonstration or discussion going. The teams are planning more such discussions throughout the coming hiking season.

2. By the time you read this, our most ambitious event will be history – **The Summer Hiking Skills Review Day**. Spread over a 10 km trail system in the Sandy McNabb Recreation Area will be 5 'learning' stations. At each one, hikers get to learn about an outdoor topic, ask questions, and have fun (we hope). Topics are Bears, First Aid, Map and Compass (I've heard lots who want this, myself included), Weather and Lightning, and Overnight Survival. (Stream and River Crossing was rejected – water level in the Sheep River is a tad high).

Most importantly, we are trying to listen to you, the members. We don't want to be known as a bunch of talkers who sit around making rules. We want to be doing what you want, helping you get the very best you can out of being 'high' in the mountains, helping the beginners build their skills and learning from the experiences of our 'old timers'. So keep those comments and ideas coming.



## CASC CORNER

by Bob St. John



Calgary Area Ski Clubs held their season ending trip ratings review on Tuesday evening, May 5. There were eight attendees representing four clubs: Hostel Outdoors Group (HOG), The Norsemen Ski Club, Bow Waters Canoe Club (BWCC), and the Ramblers.

Dave Mulligan, Wally Drew and Bob St. John were our representatives. This past season the Norsemen and the Ramblers used the CASC avalanche policy and trip rating system fully. The HOGs used the trip rating system and the avalanche terrain colour coding, but not the full avalanche policy. BWCC will decide this summer on whether to implement part of the CASC system for next winter. There was some discussion on proposed changes to the avalanche policy table, mainly with regards to canceling Red terrain trips under Considerable avalanche danger. It was decided to leave the table as it is for now, with equipment and training requirements for those trips. The rest of the evening was spent reviewing individual trip ratings.

# SAFETY COMMITTEE

by Dorothy-Ann Reimer

Highlights of the Meeting  
April 16, 1998

1. **First Aid Courses** - 22 people have taken courses in the past 6 months

2. **Screening Trip Participants** – There was some discussion about whether to screen participants and how it could be done. This probably should go to the Coordinators first.

### 3. CASC Update

a) Bob St. John will call a meeting to review the winter trip ratings

b) Dorothy-Ann Reimer wondered if the CASC clubs would do a group planning for winter courses/seminars. Bob said it seems that each club does its own thing but there is some cross-communication. RMRA should have ready some ideas for what they want for the first fall CASC meeting in late Aug.

4. **Who Gets Subsidy?** As it is understood at this time, the subsidy goes first to coordinators for required courses, second for group seminars and programs for the general membership and third to any member taking a relevant but non-required course.

### 5. Learning Trips

a) Skills Day - Dorothy-Ann Reimer suggested a learning day patterned after last fall's Back Country Challenge Day that Bob St. John attended. The committee asked Bob to coordinate it, assisted by Barb Fischer, Sandra Newell, Anita O'Reilly and Garry Denman. A planning meeting will be held after the April 22 Ramblers meeting.

It will be a skills review day, probably scheduled for mid June. Some ideas for stations were first aid, orienteering, evacuation, overnight survival, stream crossing, organizing search for lost hiker. A pot luck supper will end the day.

b) Suggestions for courses or seminars:

- staying 'found' and group management to avoid getting lost
- a seminar on search and rescue
- a program on group management for the entire membership.

## JUNE - JULY

### KEN'S QUOTABLE QUOTES

"You cannot shake hands with a clenched fist."

— INDIRA GANDHI

"There is no such thing as a non-working mother."

— HESTER MUNDIS

"Money doesn't always bring happiness. People with ten million dollars are no happier than people with nine million dollars."

— HOBART BROWN

"The only place where success comes before work is in a dictionary."

— VIDAL SASSOON

"I don't know the key to success, but the key to failure is trying to please everybody."

— BILL COSBY

"Marriage is like an army. Everybody complains, but you'd be surprised at how many reenlist."

— *The Fortune Cookie*



**KEN PARK**  
MLS Realtor

sutton group - cityview realty

244-6809

"Taking Real Estate to New Heights"





March 31, 1998

Trail Clubs or Groups  
(see list attached)

**SUBJECT: FRIENDS OF KANANASKIS COUNTRY TRAIL CARE OPPORTUNITIES**

Dear Trail User;

I would like to take this opportunity to thank all of you who volunteered your time and labor to help take care of our hiking and riding trails during the 1997 trail season. More than 100 individuals from 12 different Calgary area trail clubs contributed more than 600 person hours last season. Your contributions really helped to make a difference and are much appreciated by all of us at Kananaskis Country.

The "Friends of Kananaskis Country Trails Committee" is looking ahead to an even bigger and better 1998 trail season. Individuals and groups such as yours are encouraged to consider either volunteering some of your time and labor or assisting the committee to raise more funds for the purchase of hand tools for use by the volunteers. If you are interested in volunteering your labor and time, please see the attached description of this Trails Committee and list of scheduled volunteer work days. If you prefer to pick an individual project suited to the interests and abilities of your club/group, please call Don Cockerton at 297-8804 for more information and booking. For more information about making a donation for tools please call Jeff Grutz at 268-5221.

Once again, I appreciate your interest in Kananaskis Country trails and hope you'll consider these opportunities to maintain this valuable recreational asset.

for Ray Andrews,  
District Manager

attachment

Jeff Grutz,  
Chairman, Friends of Kananaskis Country Trails  
Committee

# THE INCA TRAIL TO MACHU PICCHU

by Ron Hunter



Machu Picchu is the top tourist magnet in Peru and it seemed there would be no better way to arrive there than hiking over the royal road that the Incas utilized. On March 24 after a couple of days of altitude acclimation in Cuzco and the nearby sacred valley, our group of eight tourists started the fifty kilometre

hike from Chillca, where a bridge crosses the Urubamba River. Before you get too impressed with our fortitude in taking on such a trek through the high passes of the Andes, I'll advise you that we had a local guide named Romulo, a cook, eight porters, a tour company guide, plus a trainee guide to ease our labours.

The first day was fairly flat as we were following the Urubamba River downstream to the end of the Sacred Valley. The valley became progressively narrower as it formed a canyon, for this is where the river changes character and commences its steep descent down the eastern slope of the Andes to eventually become the Amazon River. The trail was quite good, however, and traversed some fairly dry terrain that occasionally harboured cows, pigs, goats and parrots in amongst the bushes and trees. Romulo expressed his hatred of parrots, based on his childhood experiences of trying to protect the family corn crop from their predatory ravages. In one spot George, the trainee guide, found some prickly pear cactus and we cut open the fruit to have a rather sweet tasting treat. If you are not very, very careful, however, you will be introduced to the innumerable tiny little spines that protect the fruit and will penetrate your skin without appearing to even make contact. Fortunately a Swiss army knife has a pair of tweezers that can facilitate spine removal.

After 12 kilometres we came to our first campsite at the ruins of Llactapata, which is close to the railway station at Kilometre 88 of the Cuzco-Machu Picchu rail line. It was quite pleasant to come over the hill and look down to see your tents all set up with your luggage outside, not to mention the hot tea that was on the stove and the local inhabitants with a bucket of cold beer for sale! Most backpackers start the trail at Kilometre 88, but the tour groups tend to start at Chillca. I think this gives the guides such as Romulo a chance to eyeball the clients to see if they're fit enough for the rest of the trip, for there is not an opportunity to bail out after Llactapata.

Day 2 signalled the start of a 1,550 metre climb over the next day and a half. It was nice and sunny and there were no complaints about being in the shade of the cliffs as we ascended a side valley above the Urubamba. The rock

walls were festooned with epiphytes growing on the vertical faces; it was hard to believe they could survive in these precarious locations. Romulo was quite knowledgeable about the various plants and he was also good about setting a reasonable pace that didn't leave the stragglers too far behind. En route we were entertained by some purple breasted hummingbirds that flew up vertically and then dove back into the bushes for no apparent reason. We also saw some villagers heading to market with sacks of potatoes on the backs of their burros, presumably down to the railway to catch a train. The first couple of hours were fairly easy but then the party was over as we left the last village behind and the trail steepened. While we were puffing from starting to feel the effects of the altitude, the porters went whizzing by with all the gear, their feet clad only in flimsy sandals.

While we were puffing from starting to feel the effects of the altitude, the porters went whizzing by with all the gear, their feet clad only in flimsy sandals.

Our mid-day stop was set up in a small clearing where we sat on our portable stools and were served our typical lunch which started with a big bowl of soup, often containing potatoes, yucca or quinoa. Following would be a main dish and then some fruit, always with tea. Options were regular black tea, camomile or maté, with the latter being promoted as helping to cope with the altitude. We realized this was luxury fare, some of the people on other guided trips commented

on the preponderance of sardines as a meal staple. This stop marked the last of locals selling pop and beer, as it was they had hiked up a couple of hours to be at our lunch stop.

The day was quite warm but fortunately this area marked the transition to the cloud forest which protected us from the tropical sun. Spanish moss festooned the trees and in one spot a babbling brook provided a cooling micro-climate. The campsite was located at the edge of the tree line at 3,500 metres where there was a great view of the surrounding peaks and also a preview of our coming ascent to the 4,200 metre summit of Dead Woman Pass. This campsite had the luxury of washroom facilities with cold running water, which apparently are quite recently built in response to the increasing tourists doing the hike. It was quite windy and chilly at that altitude, but hot soup and hot tea helped take the chill off.

The next morning dawned foggy and visibility was quite limited up to the pass. Three members of our group who were feeling the altitude decided to try chewing coca leaves to mitigate the effects and reported it helped on the ascent, although their gums went numb where they were chewing on the coca wad. The summit of the pass was a rainy and windy place and the mist prevented any views of the surroundings, so we only lingered until everyone had

*Continued on page 8*

## THE INCA TRAIL TO MACHU PICCHU

*Continued from previous page*

caught up. On the steep descent the trail became a reconstructed cobblestone path, which was the form of the original Inca Trail. Further on the original stonework takes over for the balance of the trip to Machu Picchu. During the day we passed a couple of well preserved ruins which occupied sites with great views and enhanced the reputation of the Incas as great builders. While mists restricted the vistas, there were lots of beautiful flowers to admire, particularly orchids and some very large yellow lady slippers which we dubbed "Inca Slippers". Our campsite at Quonchamarca that night was a bit of a bog, reflecting the fact that we were at the end of the rainy season. There was another washroom building, however this one required us to suspend our North American ideals of sanitation and it was apparent the Inca tradition of engineering did not extend to modern Peruvian plumbing.

Day 4 dawned mostly clear with views of snow capped Andes in the distance. The trail wandered through the cloud forest and in many places was built along a very steep mountainside with stone retaining walls supporting it. In places the drop off was extensive, it wasn't apparent how you would ever regain the trail if you were to fall off. A little before lunch we reached the end of a ridge which was just above the ruin of Phuyupatamarca. The well preserved ruin, complete with seven working fountains, was on the misty side of the valley and signalled the start of a 2,000 step descent towards the youth hostel at Winaywayna. Some sections of the steps were quite steep and had large individual drops, which meant you couldn't let your gaze wander too much to view the Urubamba canyon below! At the youth hostel we opted to stay indoors overnight instead of camping, especially since indoor plumbing including a hot shower was an option. Alas, Peruvian plumbing continued its reputation by only offering cold water as an option.

For the final day to Machu Picchu we had considered awakening before dawn to make the hour & a half hike to the Sun Gate for sunrise over Machu Picchu, however Romulo expressed skepticism that the morning mists would clear for there to be a view. We decided sleeping was more important, although we did get disturbed by all the backpackers breaking camp very early to make the sunrise trip. We had our more leisurely trip in daylight and arrived at the Sun Gate to see fog hiding the ruins, however by the time all the stragglers arrived it started to clear so we had a magnificent view on the descent to the site. We arrived before all the tourists came in on the Cuzco trains, so Romulo gave most of his usual excellent tour through the features of the ruin before the hordes showed up.

All in all, the hike was an excellent way to visit Machu Picchu because it gave a feeling of how the Incas

### 1998 FRIENDS OF KANANASKIS COUNTRY TRAIL CARE COMMITTEE

#### SATURDAY VOLUNTEER WORK DAYS SCHEDULE

(Second Saturday of each month - May to September)

**When:** May 9<sup>th</sup>/ June 13<sup>th</sup>/ July 11<sup>th</sup> / August 8<sup>th</sup>/  
September 12<sup>th</sup>

**Where:** On official trails throughout most of Kananaskis Country.

(Volunteers will be assigned to specific locations)

**What:** Usually, the work includes brush clearing, pruning and drainage improvements.

(Volunteers should bring day hiking gear including boots, work gloves and lunch)

**Who:** Any interested trail user may participate as an individual or as part of a group.

If you are interested in volunteering for a day, please contact (call two weeks ahead if possible):

Jeff Grutz @ 268 - 5221 (days)

If you need more information about this or other trail care opportunities in Kananaskis Country, please call:

Don Cockerton @ 297 - 8804 (days)



themselves approached the city. It also was spectacular in its own right, with lots of variety in terrain, varied vegetation zones, interesting smaller ruins en route and good views of the surrounding valleys & peaks.





# INTERNET CORNER



Here is my column for all Ramblers connected to the Internet. Remember, if you want to share some good sites related to the outdoors, feel free to E-mail me the addresses and I will include them in a future newsletter.



Denis Longuépée  
dlonguep@cadvision.com

The Backpacker: <http://www.thebackpacker.com>

Has nice pictures, good gear reviews, interesting articles and a good trail database with Canadians trails at the end of the State selection.

The Universal Currency Converter: <http://www.xe.net/currency/>

Want to know how many Argentinian Pesos (ARP) for \$1CAD for your trip to Argentina? This site has a lot of currency equivalent to help you plan your trip abroad.

Lonely Planet on-line: <http://www.lonelyplanet.com/>

Can't afford to travel around? There are a lot of pictures under the Optic Nerve icon, just select your favorite continent and country for a free trip...

## **INNOVATIVE WAYS TO GET RID OF TELEMARKETERS** *(And Expected Hang-Up Times)*

If they want to loan you money, tell them you just filed for bankruptcy and you sure could use some more money. Ask them "How long can I keep it? Do I have to ever pay it back?" (10 seconds)

...

If they start out with, "How are you today?" start to snifle and say, "I'm so glad you asked because no one seems to care these days and I have all these problems. My sciatica is acting up, my dog just died, let me tell you about my recent surgery ..." Continue talking about your problems over their sales pitch. (4 minutes)

...

If the person says he's Joe Doe from the XYZ Company, ask him to spell his name. Then ask him to spell the company name. Ask where the company is located and ask him to spell that. (5 minutes)

...

Say, "No," over and over. Be sure to vary the sound of each "No" and keep an even tempo even as they're trying to speak. This is the most fun if you can keep going until they hang up. (30 seconds)

...

Cry out, in well-simulated tones of pleasure and surprise, "Judy!" (Assuming the telemarketer has told you her name is Judy). "Is this really you? I can't believe it! Judy, how have you been?" This will give Judy a few brief

moments of terror as she tries to figure out where the heck she could know you from. (1 minute)

...

If they are trying to sell you carpet cleaning, say, "Can you get blood out? You can? Well, how about goat blood or human blood? Chicken blood too?" (8 seconds)

...

Tell them you work for the same company they work for. Example:  
**Telemarketer:** "This is Bill from Watertronics."

**You:** "Watertronics? Hey, I work for them too. Where are you calling from?"

**Telemarketer:** "Uh, Toronto."

**You:** "They have a group there too? How's business? How's the weather?" (2 minutes)

...

Tell the telemarketer you are busy and if they will give you their phone number, you will call them back. If they say they are not allowed to give out their number, ask them for their home number and tell them you will call them at home. If the person says, "Well, I don't really want to get a call at home," say, "Yeah, I know how you feel." (1 minute)



Submitted by **KEN PARK**

# WHERE IS NAMIBIA?

by Wally Drew

Where is Namibia? That is the question I am most frequently asked when stating the destination of my latest venture abroad. Well, it is in S.W. Africa. It was called Southwest Africa before it gained independence from South Africa in a long struggle from 1968-90. It is bordered on the S. by South Africa, on the E. by Botswana, on the N. by Angola and on the W. by the Atlantic Ocean. The majority of the area is flat elevated savannah or veld with small trees, bushes & open grassy spaces. There are some mountains, mostly volcanic with some nice cones. The highest is Brandberg at 8445'/2574 m. Much of the inland Kalahari Desert is really savannah with lots of red sand between the small trees. Along the Atlantic Coast is the Namib Desert which is mostly just sand and containing the world's highest sand dunes more than 1000'/300 m high. Rain is rare. The few Plants survive on moisture from fogs off of the ocean. The cold Benguela Current keeps the coast much cooler than even much higher elevations inland.

I was there in April which is fall in the S. Hemisphere. At Swakopmund in the tropics it ranged from 12° to 20° C during my 2 days & nights there. That is typical for the whole year. It was 19°C when we left one afternoon to drive inland. About 20 km. inland it was 38°C. Farther inland at higher elevations I encountered temperatures mostly 20° to 35°C throughout the trip. It was the end of the wet season so there were a few thundershowers in the north early in the visit. After that abundant sunshine. Lots of flowers and few insects.

Namibia is a Black & White democracy like South Africa. English is the official language though Afrikaans & African languages are widely used. German is the best known foreign language. Most other tourists encountered were German-speaking. With generally good food, water & paved highways it is quite an easy country to travel in. It is not real safe though, at least in the cities. My first morning in Windhoek, the capitol & major city, before I joined the group, I had my waist pouch ripped off me while I was walking downtown in mid-morning. I didn't have much money, etc. in it but got bloody fingers in the process. That's the only time I've ever had any thing robbed from my person anywhere in the world.

I was on a lodge safari with Karibu, a South African outfit. There were just 6 of us: 3 French, 2 Germans & me. The 2 guides, one French-speaking who drove the Toyota Dyna truck, were from Windhoek. The food was good & abundant with breakfasts & many other meals being buffets. We ate lots of salads, fruit, etc. Nobody ever got sick. We mostly drank tap water. So it wasn't third world conditions. We stayed mostly in cabins in rest (game) camps.

The main thrust of the trip was game viewing. We saw herbivores by the hundreds but few carnivores. Springboks were most abundant. Quite a few birds. I had better game viewing in Kenya. The most numerous animals were the 50,000 or so seals we saw along a km. of beach at Cape Cross. The biggest drawback of game viewing is lack of exercise; you have to stay in the truck. The most animals were around the Etosha Pan in Etosha National Game Park. Outside the parks there are game reserves (private) where dudes come and shoot animals, often from helicopters. That's no sport!

I did get a nice sandy beach walk from Swakopmund. The 13°C water isn't conducive to swimming. Leaving Walvis Bay we passed the world's highest sand dune. It's called Dune # 7 and is normal sand color. We didn't stop for some reason. We had too long a stop another day. A rare desert thunderstorm caused flash floods. There was still water flowing across the sand track we were driving and saturated sand. The 2WD truck got stuck in the middle of it. We had to dig with our hands because they didn't have a shovel. I found a stick to dig with. We still couldn't get out until enough other vehicles and people arrived to manhandle us out. We didn't get to our destination that day.

The main thrust of the trip was game viewing..... The most numerous animals were the 50,000 or so seals we saw along a km. of beach at Cape Cross.

The best day for me we got up at 4:15 AM. After a quick breakfast we left in our truck at 5 AM to drive into Namib Naukluft Park, Namibia's largest reserve inland in the Namib Desert. At the end of the road we transferred to a 4WD truck and continued on to Sossusvlei, an area of red sand dunes around 1000'/300m. High. They looked like low mountains and were beautiful in the early morning sun. We got there at 8:10. We only had 1 hour free time for me to do my best hike in Namibia. If I'd had 2 hours I could have climbed a 1000' dune. The others weren't hikers. As it was I had to make do with a 400' dune and a little way up an adjacent 1000' one. Loose sand is a little like loose snow. You can lessen sinking in by picking your route. It was 25°C when I got back down. It would be too hot later in the day.

This was not one of my best trips or outfits to go with but Namibia is an interesting little known country though not as spectacularly scenic as the Rockies, Alaskan mountains, Andes, Alps or Himalayas and not as exotic and fascinating as Central Asia, China, Indonesia, etc.



## PRAIRIE PARKS - PART 1 -RIDING MOUNTAIN NATIONAL PARK

by Alistair DesMoulins

Trip Name: Riding Mountain National Park 3 day backpack

Date: 15th - 18th May 1998 Meeting Place: Regina Airport

Time: 6.30pm Friday 15th May Coordinator: Alistair

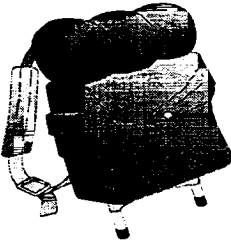
Des Moulins Est. Return Time: 9.30pm (to Regina)

Trip Description: Drive east from Regina - find campground for the night before reaching park. Continue drive to park Saturday morning. (400km drive from Regina). Exact route will be decided based on maps and trail information obtained at the Park.

Difficulty Rating: 2-4, Distance: 20km per day max.

Elevation gain: < 1500' per day, Activity hours: 8 per day.

Terrain: Plan for mainly trail - maybe some bushwacking on middle day.



We set off at about 6:30pm on the Friday night and drove to Melville - a mixture of sun and clouds made for a fine looking sky and contrasting light. At about 9:30 we stopped at a campground near Langenburg for the night. It was a free one!

Saturday we continued east stopping after 30km at Russell,

Manitoba for gas and a visit to the Tourist Information Centre to get some maps. Gas, at 55.9 cents a litre, was 1 cent a litre cheaper than in Regina. An hour and a half later we were in the Park Information Centre. We got a good diagram of the trails and lakes in the Park but not a topo map in town. Wasagaming seems still to be an 'appropriate' town for a National Park unlike Banff. It has a few stores and no mega hotels and several campgrounds.

We eventually decided on the trip we would do, we got our overnight permit (which cost nothing) then we went for a walk along the pier at Clear Lake. It was generally cloudy and there was a strong NW wind blowing. We had our lunch then drove 40km north up highway 10 to the Crawford Creek trailhead seeing a black bear on the way. It was 12 km into the campsite. The trip was described as being on a fire road starting out flat then a steady climb for 5km to a marshy plateau which we would cross for most of the rest of the way to the campsite which overlooked Lake Dauphin. Start elevation was 1450 feet. We set off and the trail went into dense mixed evergreen and aspen forest. The trail was easy going - the climb was not really much of one - we climbed 1000 feet in the 5km and came to a hut, which had a stove in it and is used as a warm up hut for skiers in the winter. We did not need to be warmed up as we could only hear not really feel the strong NW wind. The next 6km were mainly flat but we had to avoid numerous large puddles in the trail. The area was still heavily treed with lots of undergrowth. Bright yellow flowers in the marsh and the sound of frogs were the most notable things. We were expecting to reach the campsite for the last half hour of walking - finally we crossed a slippery beaver dam, climbed a short slope and there was the water well we'd been promised and about 100 yards further the campsite right on the edge of the escarpment. It had

taken us three and a half hours. We were now at 2450' elevation overlooking Lake Dauphin and the plains about 1500 feet below and 15 miles away. It was a view that would not be there far much longer unless some undergrowth was cut down. This escarpment is the main feature of the eastern part of the Park - there is not a peak as such called Riding Mountain - From the edge of the escarpment the land slopes very gradually west. We had supper, cooked on the 65 year old primus stove that belonged to my mother's brother who was killed in the 2nd world war, watched the sunset, put our food in the metal bear-proof containers at the campsite and went to bed.

Sunday morning I was up early at 4.45. The sun rose at about 4:50. I then went for a walk along the escarpment - there was a rather overgrown trail one way, which soon got worse and a similar trail the other way. There was a route down from the escarpment also. Gail got up at about 6:45. It was a cloudless day and already felt warm. We had breakfast and decided that it would not be worth the effort to have a day exploring along the escarpment. Instead we would return to the trailhead and go into another campsite for the next night. As we packed up we heard a loud splashing noise in the lake below but were unable to see who was making it. We took 3 hours to walk back out.

We then drove back towards Wasagaming, stopping to phone the Park Centre to change our permit, then stopping briefly again to view a mother black bear with 3 very small cubs. We then drove east along route 19, a gravel road in rather poor shape in places, to the North Escarpment trailhead. This is a network of trails which go along the escarpment and go down to its base. They are popular with mountain bikers. We planned to go to the East Deep Lake campsite, which according to our trail map was 10.2 km away. It was a fairly level fire road type trail on the plateau with elevations from about 2250 to 2450 feet, and much drier underfoot due to the fact that the area had burned a while back. After 20 minutes the sign said it was 6.9km to the campsite. After supposedly doing another 5.4km the sign said 2.8km to camp - the next one about a kilometer further said 4.9km to camp. The trail went along the plateau we had distant views of the plains to the east and the slope west as well at a few higher points, rising 50 feet makes a lot of difference in the view. About 2km further we came to the turn-off to camp, 1.6km to go. That took us half an hour - it was more up and down and we had to traverse a beaver dam as well with another beaver caused lake on the downside.

The campsite was a very scenic one by the lake with many different colours of green. While cooking supper we saw the 2 resident loons in the middle of the lake, the 2 resident beaver around their lodge at the east end of it, some sand martins and some mallards. We also heard a loud splashing noise at the west end of the lake - this time we had a full view of the lake - it was a bull moose going for a swim - he swam out into the lake, had

Continued on page 12

## EXSHAW PASS TO HUNTERS' CAMP, SOUTH GHOST PASS TO COUGAR CREEK.

*Trip report of the May long weekend backpack over Exshaw Pass to Hunters' Camp, South Ghost Pass to Cougar Creek.*

*by Anita O'Reilly*

Nine people met at Shouldice arena at 7 am. After a car shuttle to leave a car at our exit point of Cougar Creek we proceeded up Exshaw Creek - past Art Davis' camp. We enjoyed great views of Mt. Fable and the Mythic Towers as we hiked over Exshaw pass (already snow covered with wet grass underneath) to Hunter's camp. Although it took almost 11 hours to reach Hunter's camp we had plenty of daylight left to set up camp and cook dinner. I was delighted to hear that Saturday was our most difficult day - 15 kilometres and a 3000 ft elevation gain.

Sunday morning found us hiking up above the gorge of the South Ghost towards South Ghost Pass. The lunch break had us all wondering what was ahead as snow was quite a prominent feature on the ridge walk we intended to take towards Cougar Creek. Optimistic that the other side may be wind blown and clear of snow we follow the trail breakers - Bob St. John and Dave Mulligan up the ridge. Wind and then wet snow greeted us along the ridge making walking difficult in snow covered loose rubble. The Views? We'll have to wait for another weekend to be able to report on those. Our intention was to cross 2 peaks in order to reach a campground in meadows just over the col but the lack of visibility and probability of more of the same made the group decision to descend and traverse the bottom of the second peak an easy one. At this point, we would have had to ascend another 1000 ft to the top of the col in the hope that conditions would be favourable for camping at our intended destination. After much discussion, it was decided to abort our original plan and bushwhack down the drainage to a known campground at Carrot Creek. Following numerous of hours of bushwhacking (I'm renaming that to being whacked by bushes! I know they whacked me much more than I whacked them). The snow had turned to rain, so, wet, tired and hungry we reached the Carrot Creek campground at 9 o'clock - 12 hours after our day began!

It poured all night and was still raining Monday morning. A couple of us had noticed a tarp covered pack in the campground upon entering and investigated that morning. The tarp and pack were gone but the worst possible example of a campsite remains. Three trees had been chopped down for a frame and firewood - broken beer bottles were strewn around. Monday morning found a rather sodden and bedraggled crew, one with a painful knee injury, preparing for the 20 creek crossings we knew we were facing. As we progressed the sky cleared and our spirits also lifted. Approaching the final creek crossing we met a couple coming towards us. It took Carl less than 2 seconds to explain to these folks the numerable stream crossings ahead that they wouldn't want to make - so - could they please drive one of us to our vehicles at

Cougar Creek? As we waited for the drivers to retrieve cars the sun began to shine and things looked much brighter.

A fun weekend this wasn't. But it was a good reminder that we must always be prepared for a change in conditions, that it is the responsibility of each individual to carry what they need and to ensure that they will only take what they can carry. We were never lost - good conservative group decisions were made. The concept of keeping track of the person behind you rather than the person in front of you was an integral part of keeping our group of variable stamina levels together on a long, hard day.



## RIDING MOUNTAIN NATIONAL PARK

*Continued from page 11*

another good shake then returned to the shore again. After supper we watched and listened to the loons before heading to the tent as it got dark due to the time and the arrival of some dark clouds.

At about 2 am we were listening to some thunder and there was some lightning and thunder about 3 seconds later. I then thought. We are not in the mountains, we are camped on a plateau under a tree and recalled Wally's safety talk. Two further flashes and bangs with 3 seconds separation as we prepared to exit the tent. We found a slightly lower area nearer the lake but away from trees and crouched in the 'Wally position'. It soon gets a bit uncomfortable. Luckily it was not raining much. After about 15 minutes the thunder cell moved away and we returned to the tent.

It was cloudy when we got up on Monday morning but then as we made our porridge the clouds moved away and the sun shone but the east wind still blew. We walked round the lake, watched the wildlife and then headed back out to the trailhead by 2:30pm. We met a park warden - we inquired about when the leaves turned as it would be a good area to visit in the fall. He had worked at Grasslands Park before where he'd watched Sage grouse 50 feet from his tent early one morning. We told him about the bears - he said they like the dandelion heads beside the highway in June as well.

We started the long drive back at about 3pm. We returned west to highway 10 then went north to Dauphin, then west to Roblin and Yorkton where we went to Bonanza for supper. Two hours more driving and we were back in Regina by 9:30pm.

We'll probably do a trip to Grasslands next month. In our 3 weekend trips from Regina I think we've already seen more of Saskatchewan than most of our co-workers have!



# FIRST AID IN THE WILDERNESS

*Submitted by Yolande De Visser with the kind permission of the author Chris Ludwig from the B.C. Mountaineering Club, Vancouver*



## Wounds and Infections - Part 2

Contaminated wounds:

Many wounds become contaminated by dirt and bacteria from the skin or object of injury. Any injuries in the

hands, feet, lower legs, genitalia, or armpits are likely to become contaminated, as are any wounds inflicted from animal or human bites (We will deal with wildlife injuries in a future article). Any injury where the skin is scraped or torn/crushed is also a likely candidate for infection. Infection in the wilderness is an extremely difficult and painful process. Wherever possible, the casualty should be evacuated to professional medical care.

If medical help is more than a day or two away, you will have to care for the wound yourself. I hope that none of you find yourselves in this situation. At any rate, to care for a contaminated wound use the following guidelines:

- 1) Get the casualty into a warm, comfortable shelter
- 2) Prepare a clean working surface for your equipment - use alcohol or soap and water to scrub your work area
- 3) Prepare a second area to rest the injured area of the casualty
- 4) Prepare a clean water or sterile salt solution (discussed later)
- 5) Scrub your hands very thoroughly, including the nails, using soap and water before beginning - use latex gloves if you have them
- 6) Scrub the wound with soap and water around the wound with a sterile sponge or clean cloth. Scrub away from the edges.

NOTE: Do not breathe or cough on the wound. Such actions can make the situation worse.

- 7) Remove any large bits of dirt in the wound by using sterile forceps or tweezers. You can sterilize tools by washing them in alcohol, or passing them quickly through a flame. You can also sterilize tools by boiling them in water. Tie a piece of thread to the tool to aid in sterile retrieval.
- 8) Irrigate the wound using a strong thin stream of sterile saline solution (or clean water if saline is not available).

Methods of wound irrigation: Use at least a litre of liquid. You can use a syringe or a punctured plastic bag. My favorite is to take a latex glove and puncture one of the fingers.

- 9) Scrub the wound vigorously to remove all dirt, clothing bits, and dead tissue. Use a sterile sponge, sterile dressing, or sterile piece of cotton cloth. Scrub quickly and firmly (even though it will be extremely painful for the casualty). Expect vigorous bleeding during this process.

NOTE: it is more important that a wound be clean than it

be closed.....

- 10) Irrigate it again to flush out loosened contaminants
- 11) Stop bleeding with pressure using a sterile dressing
- 12) Close the wound

There are certain situations where it is best NOT to close the wound. In any of the following situations, apply dressing only:

1. Deep wounds
2. Wounds on the hand, foot, lower leg, genitals, armpit, or groin
3. Areas that are stretched often (joints)
4. Animal or human bites
5. Contaminated wounds

Preparation of Saline Solution:

1. Boil two+ litres of clean water for 10 minutes in a clean pot
2. Add 2 teaspoons of salt (10 mL per litre) during the boiling process
3. Allow the solution to cool to body temperature before using

You can also choose to boil a plastic bag of solution within a pot of water. If you are lacking salt, you may have to make do with boiled water. In either case, boiling is essential.

Signs of infection

If a wound becomes infected, at least the first four of the following list of symptoms should be present:

1. pain and tenderness
2. swelling
3. redness and warmth
4. pus production
5. swollen lymph nodes in the armpits, groin, and under the jaw
6. fever (in more serious cases)

Dealing with infection is serious. Antibiotics are usually a standard treatment. However, in the mountains you may not have an arsenal at your disposal. If you don't have such a treatment available (and even if you do), you can still apply the following procedure:

1. Allow the wound to drain by removing the closure and dressing. Allow the wound to drain naturally. If necessary, gently open the edges (hope your nerves are steady).
2. Wash the wound two to three times a day with soap and water. Your goal is to remove all the pus.
3. Apply warm saline compresses for 5 to 10 minutes several times a day (to increase blood flow to the region)
4. Dress the wound with thick absorbent sterile dressing

*continued on next page*

# EXECUTIVE MEETING ROCKY MOUNTAIN RAMBLERS

by Barbara Mitchell

APRIL 23, 1998  
7:30 PM

The minutes are very brief: PEBKAC (problem exists between keyboard and chair). I accidentally wrote over the original file and had already thrown out my notes; so I made these up.

**PRESENT:** Anita O'Reilly (President), Dorothy-Ann Reimer (VP), Ron Hunter (Trips), Chris Saunders (Treasurer), Terry Kaufman (Social), Bob St John (past Pres.), Barbara Mitchell (Secretary).

**APOLOGIES/ABSENT:** Danielle Tardif / Maria Nemethy

**Minutes of Last Meeting:** read

**Business Arising:** none

**Treasurer's Report:** Most of the big bills have been paid including the deposit for the group camp (\$150.00). It appears that the PackRat is costing us a lot of money but we do send it out (postage) and it has become a larger publication. The PackRat may be a reason for our increased membership and there is an increase in advertising revenue. Chris also notes a couple of odd entries (refreshment loss) which he will investigate.

**Trip's Director:** Stats show we are ahead of last year. There is a coordinator's meeting on Thursday April 30/98.

**Safety Committee:** Group management is a big issue. Dorothy-Ann approached Keith Morton about a course which would be geared to the general membership rather than coordinators. He would have to invent this so the startup cost would be included in the fee therefore it would be around \$150.00. The safety committee felt this was far too much money and that perhaps we could call on our own coordinators (who have taken Keith's coordinator course or have experience) to strike a panel and hold a session.

**Programs:** no report

**Social Director:** The Winter Club and the same disk jockey have been booked for October 30/98. Car Camp will be September 26/27/98 and the deposit has been paid. Stampede Breakfast date will change to July 11/98.

**PackRat:** No report. Deadline May 20/98

**Past President/CASC report:** The meeting to review and revise the winter trips ratings will be held May 5/98 7:30 at CAOC. CAOC has expressed some interest in putting the rating system on the WEB.

**Open House:** Posters will be available to post. Barb to contact the Herald with the details. Bob will give a slide presentation and there will be a pack demo, boots demo, and picture displays. Baking will be requested. There will be a draw for a membership for a new member and a draw for a bottle of wine for an existing member who brings a guest.

**Next Meeting:** TBA

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## FIRST AID IN THE WILDERNESS

*Continued from page 13*

5. Elevate the part to reduce swelling
6. Use Aspirin or Tylenol if a fever is present

Whole Body Infection (gas, gangrene, and abscesses)  
Take a course. Better still, get medical help IMMEDIATELY



Don't forget to call the  
Rocky Mountain  
Ramblers' hotline at  
282-6308

# ROCKY MOUNTAIN RAMBLERS COORDINATORS' SPRING MEETING MINUTES

APRIL 30, 1998  
7:30 PM

by Barbara Mitchell

**PRESENT:** Kay Kittle, Brian Westcott, John Schleinich, Reg Fryling, Wally Drew, Gert Noer, Art Davis, Ron Hunter, Anita O'Reilly, Garry Denman, Dorothy-Ann Reimer, MaryJane Hradowy

**Minutes Of Last Meeting:** read

**Business Arising:** none

## Old Business:

- a) Opportunity to comment on the rating system. No one present had comments and had not heard specific complaints about the system. It is being adopted by other clubs. CASC plans to put it on the CAOC website after having the CAOC lawyer take a look at it (this has not happened yet). The real crux is if the disclaimer at the front of the system would hold up. Such a disclaimer is usually in the front of guide books. Specific trips rating review and update will be May 5/98.
- b) Course subsidies: avalanche course - every 3 years for all coordinators first aid for new coordinators. The club will subsidize coordinators to the tune of \$30.00 for these courses - 3 trips must be taken out before an application for subsidy can be filed. If there is money left over in the pot at the end of the year, then coordinators can apply for subsidies for other courses, including current coordinators and first aid courses. The budget for 1998 was set at 12 X \$30.00 and some money was set aside for worthwhile programs.

## New Business:

- a) Safety Committee looks for recommendations for courses from coordinators -group management is suggested by MaryJane. It was noted that we have had this and it is expensive so maybe those who have taken it could offer something for those who have not had the exposure. Lots of discussion followed - particularly in regard to varying speeds within a group. There was no resolution except perhaps that all Ramblers should have some group management skills so that all are aware of the problems.
- b) Navigation Skills: discussion produced the opinion that for us, high level map and compass skills may not be necessary for all but the basics are essential (read trail maps, turn around and notice the land coming from the opposite direction) Reg suggested a few anecdotes in the PackRat rather than continual preaching. Dorothy-Ann noted that as slow hiker, she could not stop to look at a map and compass or the rest of the group would be out of sight.
- c) Probationary coordinators were approved as full coordinators: Ron Mason Danielle Tardif Chris Saunders
- d) 4 applications for probationary coordinator were approved: Bernie Fritz Carl Potter Michael Slaney Richard Powley.
- e) Member survey indicated there were not enough easy trips. Unresolved after a lengthy discussion touching on such points as: what's easy, who wants to take those trips, we can't be everything to everybody, over time emphasis shifts on trip types as people come and go.
- f) Trip list update: conforms to the winter trips. New trips have been added and distance is return distance.
- g) Cue cards: ran into some copyright problems. Tony Daffern, Gillian Daffern and Keith Morton will review the cards.
- h) Summer car rate: **MOTION:** that the summer car rate be 3 cents per kilometre. (Wally Drew/Art Davis) unanimous

**General Comments on the Winter Trips** perception that easy back country trips were lacking. Other categories (trail and extreme) were well represented.

**Other Business:** Group Management should be held for the group (like hypothermia). Keith Morton told the safety committee that such a course would cost ~\$150.00 because he would have to set one up. The safety committee feels this is too much money. Are there opportunities to jointly fund this with other clubs or charge an attendance fee?

**Adjourn:** 10 p.m. (Wally Drew/Brian Westcott)



### Rocky Mountain Ramblers Trips: October 1/97 - May18/98

Coordinator	cycle	downhill	hikes			s.shoe	X-C ski				Total	Person-days	
			off-trail	scram	trail		track	trail	off-trail	mntn			
Campbell	0	0	0	0	1	0	0	0	0	0	1	16	Campbell
Davis	0	0	3	0	10	0	0	0	0	0	13	115	Davis
Denman	3	0	2	1	2	0	1	2	1	1	13	97	Denman
Des Moulins	0	0	0	0	1	0	0	0	2	0	3	14	Des Moulins
Drew	0	0	0	0	4	0	0	0	1	0	5	47	Drew
Fryling	1	0	0	0	0	0	0	0	0	0	1	3	Fryling
Hunter	0	0	1	0	0	0	0	0	0	0	1	9	Hunter
Jones	0	0	0	0	0	0	4	2	0	0	6	46	Jones
Kittle	0	0	0	0	2	0	0	0	0	0	2	9	Kittle
Mason	0	0	0	1	1	0	0	1	0	0	3	6	Mason
Moran	0	0	0	0	0	1	0	0	0	0	1	4	Moran
Mulligan	0	0	0	0	0	0	0	0	3	4	7	57	Mulligan
Newell	0	0	0	0	1	0	0	0	0	0	1	13	Newell
Noer	0	0	4	3	0	0	0	0	2	1	10	61	Noer
O'Reilly	0	0	0	0	2	0	2	0	0	0	4	24	O'Reilly
Potter	0	0	0	0	1	0	0	0	0	0	1	6	Potter
Reid	0	0	0	0	2	0	1	3	0	0	6	52	Reid
Reimer	1	0	0	0	1	0	0	0	0	0	2	9	Reimer
Saunders	0	0	0	0	1	0	0	0	0	0	1	3	Saunders
Schleinich	0	0	1	0	9	0	6	0	0	0	16	143	Schleinich
Sinclair	0	0	1	0	10	0	0	0	0	0	11	143	Sinclair
St.John	0	0	2	1	3	0	2	2	3	2	15	199	St.John
Tardif	0	0	1	0	0	0	1	0	1	0	3	12	Tardif
Watson	0	1	0	0	0	0	0	0	0	0	1	3	Watson
Wolters	0	0	1	1	0	0	1	1	0	0	4	18	Wolters
<b>TOTAL</b>	<b>5</b>	<b>1</b>	<b>16</b>	<b>7</b>	<b>51</b>	<b>1</b>	<b>18</b>	<b>11</b>	<b>13</b>	<b>8</b>	<b>131</b>	<b>1109</b>	<b>TOTAL</b>
			74			50							
			hikes			X-C ski							

Previous Year:

Oct/96-May/97	3	2	9	6	35	1	24	26	14	5	125	918	
			50			69							
			hikes			X-C ski							

Trips by difficulty

Trip difficulty	cycle	downhill	hikes			s.shoe	X-C ski				Total	P-days
			off-trail	scram	trail		track	trail	off-trail	mntn		
1	4	1	0	0	9	0	4	0	0	0	18	117
2	1	0	3	0	19	0	7	3	0	0	33	295
3	0	0	0	0	19	1	5	3	1	0	29	271
4	0	0	8	0	3	0	2	5	4	1	23	201
5	0	0	5	4	0	0	0	0	5	0	14	132
6	0	0	0	2	1	0	0	0	2	2	7	41
7	0	0	0	1	0	0	0	0	1	5	7	52
<b>Total</b>	<b>5</b>	<b>1</b>	<b>16</b>	<b>7</b>	<b>51</b>	<b>1</b>	<b>18</b>	<b>11</b>	<b>13</b>	<b>8</b>	<b>131</b>	<b>1109</b>